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Coun. Scott Fielding, right, with Coun. Jenny Gerbasi during Wednesday's city council meeting, said the \$600-million rapid transit/underpass project should be put to a referendum. BERNICE PONTANILLA/METRO

Councillor calls for referendum on rapid transit

'What's the harm?'

Coun. Fielding believes money better spent on fixing roads, but wants citizens to make call



BERNICE PONTANILLA
bernice.pontanilla@metronews.ca

A city councillor and possible mayoral candidate said it makes "good common sense" to put the \$600-million second phase of rapid transit and Jubilee underpass project to a referendum.

Coun. Scott Fielding (St. James-Brooklands) said Winnipeggers have the right to decide whether that much "cold, hard, liquid cash" should be spent on public transit or on fixing the city's roads and

other infrastructure.

"I don't think it's unreasonable to let the people have a say, to make sure it is a priority," he said.

"My personal preference is if we're going to invest \$600 million in infrastructure that we should fix existing infrastructure, needed road improvements first."

Fielding said the question could "easily" be added to the ballot during next year's civic election.

"What's the harm in asking people?" said Fielding, adding that he's not proposing holding votes on all projects.

Mayor Sam Katz said Fielding, like many councillors, is simply "throwing out numbers" on rapid transit, clarifying that the \$600 million also includes the Jubilee underpass reconstruction and Calrossie land drainage projects.

"I believe the referendum that you have is when council makes the decision," Katz said following Thursday's \$1.75-million active transportation announcement.

"Coun. Fielding has been against rapid transit from Day 1, there's nothing new about that.... I accept and respect his opinion; that doesn't mean we all agree."

Coun. Justin Swandel, who replaced Fielding on the executive policy committee, said Fielding's referendum move was a "political stunt."

"He's going to say what he's going to say," Fielding responded, adding that his goal is to give citizens a say.

On next year's mayoral race, Fielding said he'll make a decision soon on whether to throw his hat in the ring, but likely won't announce it until "well into the new year."



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Swandel not sorry for potty mouth

Grandstanding?

Won't apologize for 'smelled like crap' quip, says he has no patience for stupidity



BERNICE PONTANILLA

bernice.pontanilla@metronews.ca

A day after mocking his Winnipeg city council colleagues, Coun. Justin Swandel said he has nothing to apologize for.

"The problem I have is that I've got a very short tolerance, lack of patience for stupidity and there's a great deal of it being spewed there," the St. Norbert councillor said following Thursday's press conference at Dalhousie School.

"I get excited a little bit.... When there's grandstanding, I'm not scared to call grandstanding, grandstanding."

One of the most stormy exchanges came when Coun. Paula Havixbeck asked Swandel why he had left an executive policy committee meeting on two occasions when she spoke on the Winnipeg police headquarters cost overruns.

In response, Swandel said he likes it when people "take the bait."

On Thursday, Swandel said it wasn't the first time the word "crap" has been used on the floor of council.

Quoted

"I stepped out to go to the washroom because what I heard smelled like crap, so I wanted to be in a place that actually smelled like crap."

Coun. Justin Swandel, on why he left the room when Coun. Paula Havixbeck was speaking about police HQ cost overruns.

"I didn't realize that was an inappropriate word, but in (speaker Devi Sharma's) judgment I guess it was," said Swandel, adding that he did say sorry to the speaker and "is fine with (having to apologize to the speaker)."

Mayor Sam Katz, who laughed at many of Swandel's comments, said he "very much believes in decorum" and feels Winnipeg's municipal politicians are better-behaved than at the Manitoba legislature and Ottawa's House of Commons.

"But that's neither here nor there. The realities are all members of council should be treated with respect," said Katz.

"There's no need for a wise-crack or those types of comments in my opinion."

Follow Bernice Pontanilla on Twitter @MetroBee



Coun. Paula Havixbeck listens to Coun. Justin Swandel during Wednesday's city council meeting.

BERNICE PONTANILLA/METRO

He's a one-man show

- Right before his "crap" comment to Havixbeck, Swandel pre-empted Coun. Brian Mayes, who wanted to speak in support of a new city program for asphalt-gravel back lanes. "It's pretty straightforward, I'm sure he's just trying to get

some face time on the issue of granular back lanes," said Swandel.

- After Mayes and Coun. Ross Eadie finished speaking on the new program, Swandel summed up the comments with "Blah, blah, blah, I, me,

me, I, me, me."

- Swandel also called councillors critical of the budget a "circle of vultures" and said instead of an audit of the police HQ, there should be an audit of the IQs of city council.

More cash proposed for Active Transportation



Mayor Sam Katz METRO

Let the good news out of the city's upcoming budgets begin.

The City of Winnipeg announced Thursday it is proposing to double the amount of money spent in Active Transportation corridors next year.

That means \$1.75 million could be spent on projects like:

- A raised crosswalk in front of Ryerson School.
- A sidewalk on Ryerson Avenue between Ryerson School and Rice Road.
- A sidewalk on Patricia

Avenue between Ecole St. Avila School and Kilkenny Drive.

- A sidewalk and/or a multi-use pathway on Kilkenny Drive between Vassar Park and King's Park.

In addition to \$1 million spent on projects like the

above, another half-million would go to recreational walkways and pathways and \$250,000 would go to new regional sidewalks.

The city's capital and operating budgets will be released next Friday.

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Shindico. Developer says competition over fire hall bids was fair

The developer awarded the contract to build four Winnipeg fire halls says lots of facts surrounding the deal haven't come to light yet.

Shindico CEO Sandy Shindleman says his company was not shown any favouritism.

An audit released last month said the contract to build the fire halls was split into four that were awarded to Shindico on a "non-competitive basis."

The report also said the project went \$3 million over budget and involved a land swap that saw a new station built on property owned by Shindico and not the city.

Shindleman says the project wasn't over budget, there wasn't a land swap and there were seven or eight bidders for the contract.

The audit also said the fire hall project was mismanaged, lacked appropriate

In numbers

\$18M

The cost of the four fire halls in the Sage Creek, River Heights, Charleswood and St. James neighbourhoods

ate oversight and didn't follow city policies.

The cost of the four fire halls in the Sage Creek, River Heights, Charleswood and St. James neighbourhoods now sits at \$18 million.

Phil Sheegl resigned as Winnipeg's chief administrative officer days before the release of the fire-hall audit. He was a key player involved in their construction.

Former fire chief Reid Douglas was let go.

City council has passed a motion to have outside lawyers look at the audit.

CJOB/THE CANADIAN PRESS

A Canadian first. Early childhood development fund set up in Manitoba



SHANE GIBSON

shane.gibson@metronews.ca

Contribution

\$1M

Amount of funding made available by the province and J.W. McConnell Family Foundation for Point Douglas families.

The province of Manitoba announced a partnership with the Montreal-based J.W. McConnell Family Foundation Thursday to create a first-of-its-kind in Canada Early Childhood Development Innovation Fund.

The province and the foundation will each pitch in \$500,000 to create the fund, which Premier Greg Selinger said would initially earmark cash for the Winnipeg Boldness Project, which focuses on giving opportunities to low-income children and families in the Point Douglas community.

"(You'll) see it very soon as we move forward," said Sellinger, of when the money would go into action. "We're already seeing some very good programming in the inner city ... so you'll see that we have a good foundation that we can move on very quickly."

The fund will be hosted by the United Way of Winnipeg and donations from the public and private sector are welcome.

Pilot's inexperience, weather, contributed to crash: Report



A Keystone Air plane crashed in northern Ontario in January 2012. COURTESY TRANSPORTATION SAFETY BOARD

Keystone Air. Findings released on 2012 North Spirit Lake crash, which left four dead

A Transportation Safety Board investigation has concluded poor weather, ice on the wings and the pilot's inexperience landing in icy conditions contributed to a deadly plane crash near a remote Ontario reserve.

Four people, including the pilot, were killed and a fifth was seriously injured when the Keystone Air plane hit the icy surface of North Spirit Lake in January 2012.

Safety board spokesman Peter Hildebrand said the plane was forced to circle the runway servicing the North Spirit Lake First Nation for almost half an hour while he waited for it to be cleared of

snow. As the plane circled, Hildebrand said, ice built up on the wings and tail.

This caused problems when the plane finally began to descend.

"Eventually, the aircraft built up enough ice that during the change in configuration — extending the landing gear and extending the flaps — the drag increased. The lift was no longer sufficient," said Hildebrand, who is regional manager of air investigations.

"The aircraft stalled and crashed."

The plane crashed about 1.5 kilometres short of the runway, Hildebrand said.

Residents of the northern Ontario reserve about 400 kilometres north of Dryden, Ont., said there was a blinding snowstorm at the time. Many rushed to the crash site and tried dousing the flaming wreckage with snow, but couldn't save four people

Fatalities

- Pilot Fariborz Abasabady, 41, died along with Ben van Hoek, 62, president of Aboriginal Strategies Inc.

- Colette Eisinger, 39, an accountant for the company, and Martha Campbell, 38, a band worker for the North Spirit Lake First Nation, were also killed.

- Brian Shead, a 36-year-old employee with Aboriginal Strategies Manitoba, was injured but survived. He would later describe how he tried in vain to unstrap the other passengers from their seats and put out the fire on the wing. He said he managed to pull the pilot out of the cockpit window before collapsing in the snow.

trapped inside.

The pilot, Fariborz Abasabady, had 2,500 hours of flight time, but didn't have experience flying into remote areas in icy weather, Hildebrand said. Abasabady had worked for Keystone for four months. It was his first job as a commercial pilot, Hildebrand said.

The airline, which operates charter flights in Manitoba, has revised its operations manual to clarify what planes are capable of in icy conditions, Hildebrand said. The airline has also followed the board's suggestion to add a second pilot on flights that might run into icy weather in remote areas. THE CANADIAN PRESS

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High Five! It's Grey Cup weekend! And, of course, the Winnipeg Blue Bombers aren't in it. But that doesn't mean us diehard Bomber fans can't pretend we're in the big game.

ELISHA DACEY
elisha.dacey@metronews.ca

Paint your TV screen blue and your remote gold

I'm sure with a nice opaque blue sheen, we can pretend Darian Durant is Max Hall, right?

1



CONTRIBUTED

2



CONTRIBUTED

Make Blue Bomber-themed snacks, like these cupcakes

What you need:
One dozen cupcakes, blue icing, gold icing, white icing, chocolate covered almonds. Pipe blue and gold icing onto cupcakes. Pipe white icing onto almonds like a football. Put almond on top. Eat entire dozen cupcakes and cry.

5 ways to pretend the Bombers are in the Grey Cup

Take a page from Rob Ford #inadrunkenshame*

*We in no way endorse getting so drunk you don't remember what teams are playing. Or getting so drunk you think smoking crack is OK.



THE CANADIAN PRESS FILE

3

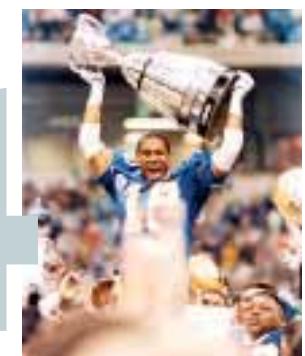
Become a Roughrider fan ... for a day

Ugh.



METRO FILE

4



CONTRIBUTED

Watch the 1990 Grey Cup game — Bombers versus Edmonton Eskimos

I'm sure you can find clips of this on YouTube. We won 50-11! Speaking of 11, that's how old I was when we last won.



Did you know 72% of pain sufferers regularly have trouble sleeping?

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University of Winnipeg rugby club president Andrew Curtis invites anyone interested in trying rugby to join the school's new team for scrimmages held on the school's front yard every Wednesday this winter. SHANE GIBSON/METRO

Festival du Voyageur

Who said women can't grow beards?

After 32 years women have finally broken through the facial-hair ceiling at the Festival du Voyageur's annual Beard Growing Contest.

For the first time ever the festival is opening the Heart and Stroke Foundation fundraiser up to those who can't sprout a hair on their chin-chin-chins with a category for both men and women who creatively fabricate their own beard.

"The participant with the

best beard and showing the most originality will take home the grand prize," reads a press release sent out by the festival Thursday. "The contest will be more inclusive and will give more people the chance to support the Heart and Stroke Foundation."

Classic categories 'wild and woolly' and the 'novelty beard' competition still remain part of the fundraiser.

The 10-week Beard Growing Contest officially launches at Garage Café Dec. 12. Registration for the contest is \$35, but the fee will be waived for contestants who raise more than \$100 for the



Participants in the Festival du Voyageur's beard-growing contest. METRO

Heart and Stroke Foundation, and the entry fee includes a 10-day pass for the Festival du Voyageur. METRO

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Winter and no gym time snow problem for U of W rugby team

Growing sport.
Team president invites Winnipeggers to try rugby

 SHANE GIBSON
shane.gibson@metronews.ca

Short matches

- The University of Winnipeg rugby team plays a variation of the sport called sevens, which sees teams field seven players instead of 15 and play shortened matches.

A little snow isn't going to slow down the University of Winnipeg's new rugby team.

In fact even a whole lot of snow won't stop the squad from holding their weekly practices on the school's front lawn this winter, according to the club's president Andrew Curtis.

"We're out there every Wednesday for an hour, it doesn't matter the conditions," Curtis, 21, told Metro this week, explaining the team has so far been unable to get practice time indoors. "We're still work-

ing on getting gym time at Duckworth (Centre) ... it's hard because other teams need the gym and because we're just getting off the ground this year, we're kind of bottom of the rung."

"But as long as there's people who want to go out there and have some fun, we'll keep meeting outside."

The scrimmages are attracting around eight players — both men and women — every week, and Curtis, who's been playing the sport since

high school, is finding himself taking on the role of a teacher, showing those new to rugby the ins and outs of the game that he says is gaining popularity in Canada.

"It's huge — there was just games in Toronto — and B.C.'s really the place to be for rugby right now," he explained. "I definitely think it's growing and as long as we keep at it I think the sport's going to get bigger here too."

While the team currently doesn't have a university league to officially compete in yet, Curtis said they'd be squaring off against other teams in exhibition matches whenever they get the chance.

Anyone interested in joining the team can check out the University of Winnipeg Rugby Facebook page or join in on the practices every Wednesday in front of the U of W from 4 to 5 p.m.

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Many medical marijuana users feeling outed by Health Canada

Panic mode. Mass mailing identifying recipients as pot smokers has some patients upset



TREVOR
GREENWAY
Metro in Ottawa

Tens of thousands of medical marijuana patients across the country are receiving a mass mailing from Health Canada exposing them as medicinal cannabis users, and many are now in panic mode.

The letter, which Health Canada says was sent to 40,000 people, comes in a white envelope, and has a return address with the words "Marijuana Medical Access Program" written across the top, followed by the patient's name and address. Many say

their privacy has been violated and fear their houses may be robbed and their home growing gardens targeted.

"I'm outright panicked," said Multiple Sclerosis patient Suzi Berardini, who also suffers from trigeminal neuralgia. She said the mailman who dropped the letter off "smirked" when he handed her the envelope. "It's terrifying. So many levels of terrifying."

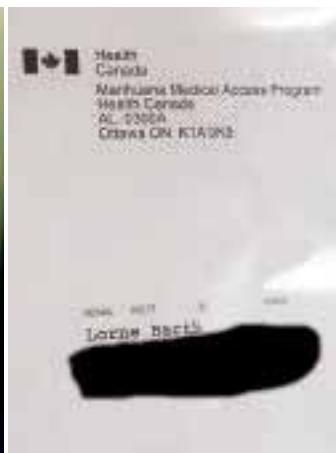
Laurie MacEachern, who represents medical marijuana patients as director of the Medicinal Cannabis Patients' Alliance of Canada Inc., said she is "supremely" concerned about the information being released to the public.

"One patient said she got her mail and the delivery man said, 'I didn't know you smoked,'" said MacEachern.

MacEachern said previous letters did not have the word "marijuana" on it.



Laurie MacEachern, director of Medicinal Cannabis Patients' Alliance of Canada Inc., is angry over Health Canada exposing her and others as participants in the medical marijuana access program. RIGHT: A closeup of the envelope sent to Ottawa pot activist Russell Barth (his first name is Lorne). COURTESY LAURIE MACEACHERN



Political theatre

Ford's future up to T.O. voters, but he shouldn't get my job, says Harper

Prime Minister Stephen Harper is speaking out for the first time on Toronto Mayor Rob Ford — and keeping his tongue planted firmly in his cheek.

Harper jokes that he's heard Ford say publicly he wants to be prime minister, a notion Harper says he clearly can't support.

But when it comes to

the Toronto mayor's future, Harper says that's for the voters of that city to decide.

"I've heard Mr. Ford's statements to the effect that he would like to become prime minister of Canada; obviously this is not something I'm in favour of," Harper said. "In terms of his future in Toronto, that is for the residents of Toronto to decide."

Harper says the Conservatives' position is clear: There are strict drug laws in place, and no one should be buying or using illegal drugs, especially politicians.

THE CANADIAN PRESS

Senators rattled by RCMP tale of PMO meddling

Rattled Conservative and Liberal senators say they're trying to come to terms with the RCMP's description of meddling by the Prime Minister's Office in the upper chamber's business.

The 80-page court filing by the Mounties became required reading around the Senate this week. Emails back and forth suggest Ste-

phen Harper's staff and his top senators helped to manipulate a Senate committee and its report into former colleague Mike Duffy's contested living expenses. The group also tried to quash an independent audit commission by the Senate.

"I am a strong believer in the independence of the institution and I think it's

something we're all going to have to reflect upon in terms of going forward and how that relationship (with elected officials) should be structured," Conservative Sen. Bob Runciman said Thursday.

Liberal senators are also reading the documents with interest, and considering if anything should be done on

the floor of the Senate.

"I've read the documents. I find parts of them very disturbing indeed, but beyond that I don't really want to comment," said deputy Liberal Senate leader Joan Fraser.

"It's going to take a little while to work through all of this and figure out what the ultimate implications are."

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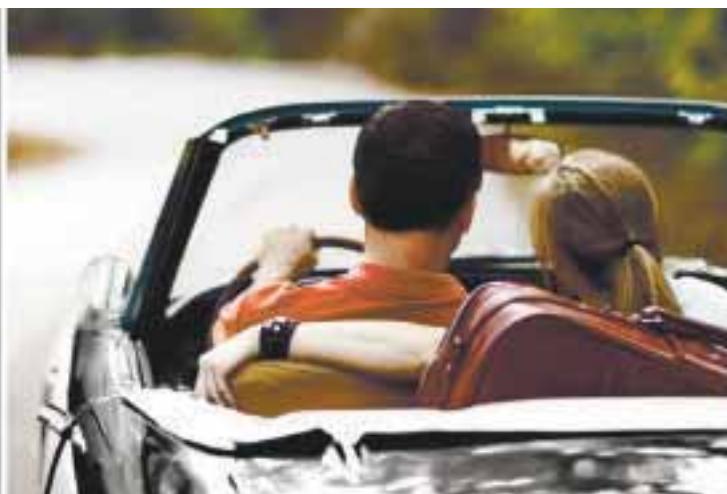
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Events to mark JFK's death

Half a century later.

The 35th U.S. president was fatally shot on Nov. 22, 1963

The 50th anniversary of the assassination of President John F. Kennedy will be marked by solemn events in multiple U.S. cities on Friday.

In Dallas, where Kennedy was shot while riding through the city on Nov. 22, 1963, a ceremony will include brief remarks by the mayor and the tolling of church bells.

In Boston, the JFK Library and Museum will open an exhibit of never-before-displayed items from Kennedy's state funeral and host a musical tribute that will be closed to the public.

And in Washington, President Barack Obama will meet privately at the White House with leaders and volunteers from the Kennedy-established Peace Corps program.

About 5,000 tickets were issued for the ceremony in



Clare Calvin, left, touches up the wax figure of U.S. President John F. Kennedy at Madame Tussauds in London on Thursday.

LESTER PITAKIS/THE ASSOCIATED PRESS

Dallas' Dealey Plaza, which is flanked by the Texas School Book Depository building where sniper Lee Harvey Oswald was perched in 1963.

Other events include a ceremony at Parkland Memorial Hospital, where Kennedy was declared dead, to lower the U.S. flag to half-staff.

THE ASSOCIATED PRESS

PROTECTING THE PRESIDENT, THEN AND NOW

Fifty years ago, the U.S. Secret Service failed to protect the president. Metro examines the state of the president's security detail and compares it to how Barack Obama is protected today.

JFK'S CAR ON NOVEMBER 22, 1963

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300

PATIENTS TREATED IN 1963

40

PATIENTS TREATED IN 2013

300+

PATIENTS TREATED IN 2013

3200

PATIENTS TREATED IN 2013

2

agents a few days ahead of visit. Four co-operate with local police & FBI

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agents two weeks ahead of visit. Fall co-operation with local police & FBI

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Court stands by Silvio Berlusconi's conviction

Sex charges. Former PM's conviction, seven year sentence and lifetime political ban explained; proof of intercourse not needed

The Milan court that convicted Silvio Berlusconi of paying an underage prostitute for sex at his infamous Bunga Bunga parties said Thursday that proof of intercourse wasn't necessary to find him guilty.

The court, in a 326-page document supporting the June 24 conviction, seven-year jail sentence and lifetime political ban, said all it needed was evidence that the former premier's "sexual instincts" were stimulated in exchange for payment.

The court noted that the Moroccan teen at the centre

of the scandal, Karima el-Mahroug, better known as Ruby, received \$3,000 cash every time she attended a party, plus jewellery and a lump sum of 57,000 euros apparently to assist her in starting a business.

The filing of the court's reasoning paves the way for Berlusconi's defence to appeal the verdict and sentence. It also comes just a week before the Senate is expected to vote on whether to expel him on the basis of a tax-fraud conviction that was confirmed this summer by Italy's highest court.

Berlusconi, who has no role in government, has been weakened by the judicial woes as well as his failed attempt to bring down the government last month. In a bid to recoup his past glory, Berlusconi has relaunched the Forza Italia party that catapulted him to power two decades ago. **THE ASSOCIATED PRESS**



Karima el-Mahroug, better known as Ruby, is escorted by police in May outside Milan's Law courts. LUCA BRUNO, FILES/THE ASSOCIATED PRESS

Greenpeace. Second Canadian granted bail in Russia; but pair not free yet

The two Canadians who were among 30 people arrested in Russia following a Greenpeace protest in the Arctic now have been granted bail.

Greenpeace spokesman Diego Creimer said Thursday that Alexandre Paul of Montreal had won bail, but said that both he and Paul Ruzicka of Port Colborne, Ont., who was granted bail Tuesday, have not yet been released.

Paul's mother, Nicole Paul, released a statement through Greenpeace on Thursday welcoming the news he had been granted bail. "I'm so happy that my son is going to be out of jail soon ... I'm so proud of him ..." **THE ASSOCIATED PRESS**



Greenpeace activist Alexandre Paul in court. THE ASSOCIATED PRESS

London's Tube

24-hr service soon on some routes

London's subway system is planning to introduce 24-hour service on the week-

ends on some lines under new plans that will involve closing all ticket offices and cutting 750 jobs by 2015.

The transport authority said staff will be taken out of ticket offices and based elsewhere. **THE ASSOCIATED PRESS**

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Competition Number: 952

Classification: Maintenance Tradesperson (HMT)

Salary Range: \$43,764 - \$49,837 per annum (as per the MGEU - MHA Collective Agreement)

Closing Date: December 3, 2013

An eligibility list may be created for similar positions and will remain in effect for 6 months.

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Conditions of employment:

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- Valid class 5F Manitoba Driver's Licence and the ability to provide own transportation and travel within Winnipeg
- Physically capable to perform the duties related to the position
- Must provide own hand tools

QUALIFICATIONS

Essential:

- Previous experience working in a property management environment
- Several years experience in residential and building maintenance repairs including: minor plumbing, carpentry, minor electrical and mechanical
- Experience preparing surfaces for patching and painting
- Experience working with the public providing quality customer service
- Demonstrated ability to work independently with minimal supervision and problem solve effectively on own
- Demonstrated ability to organize and prioritize work
- Good interpersonal and verbal communication skills
- Experience maintaining accurate records/logs
- Demonstrated knowledge of safety policies and procedures
- Ability to work effectively in a team environment

Desirable:

- Previous experience working on boilers, forced air heating systems and air conditioning would be an asset

DUTIES

The successful candidate will report to the Maintenance Coordinator and work in Winnipeg, responsible for maintenance repairs to Winnipeg Child and Family Services portfolio offices and shelters. Responsibilities include general maintenance of buildings, properties and grounds to Manitoba Housing standards at all times; inspect and perform maintenance repairs; maintain records for fire life safety systems; liaise between building occupants and Manitoba Housing; respond to occupants concerns including emergency repairs; adhere to company policies and procedures; other related duties. Manitoba Housing offers an attractive benefits package and pension plan.

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Women freed from 30 years of captivity

Two suspects arrested, three victims rescued.

London police say domestic slavery possible motivation

Three women have been freed after spending 30 years held captive in a home in south London, England, including one woman believed to have spent her entire life in domestic slavery, police announced Thursday.

London's Metropolitan Police spoke about the rescues after two people — a man and a woman, both 67 — were arrested early Thursday on suspicion of forced labour and domestic servitude.

The arrests were part of a slavery investigation launched after one of the captives contacted a charity in October.



Kevin Hyland, of the Metropolitan Police's human trafficking unit, speaks to the media Thursday.

SKY TV/THE ASSOCIATED PRESS

Those freed on Oct. 25 are a 69-year-old Malaysian woman, a 57-year-old Irish woman and a 30-year-old British woman, police said.

Police would not speculate on any possible motivation, name the suspects' national-

ities or say if any of the suspects were a couple.

The revelations raised numerous questions — all still unanswered — about the women's ordeal.

The women — whose names have not been released — are now safe at an undisclosed location in Britain and have been working with severe trauma experts since their rescue, said Kevin Hyland, head of the Metropolitan Police's human trafficking unit.

Hyland said while the women had some "controlled freedom," police were still working to establish what sort of conditions they lived under for the past 30 years.

He said his unit, which deals with many cases of servitude and forced labour, had seen previous cases of people held for up to ten years.

"But we've never seen anything of this magnitude before," he said.

THE ASSOCIATED PRESS



Holy smokes, a new island!

A volcano bursts off the water and throws up a tiny new island off the coast of Nishinoshima, a small, uninhabited island south of Tokyo. Japanese officials said Thursday they'd be happy to have a wee-bit more territory if the Pacific Ocean doesn't wash it away. KYODO NEWS/THE ASSOCIATED PRESS

Quebec

Police nab 28 in child porn bust

Quebec provincial police say they've arrested 28 men in a sweeping crackdown on online juvenile pornography.

Authorities have seized 28 computers and filed 61 charges, including possession, distribution and production of child pornography.

THE CANADIAN PRESS

One last shot

Supreme Court to hear Quebec gun registry appeal

The Supreme Court of Canada agreed Thursday to hear a Quebec appeal to keep its provincial gun registry data.

Records of more than five million long guns in other provinces and territories were fully destroyed a year ago, but a series of court battles has preserved Quebec — the birthplace of the registry — as the last holdout.

THE CANADIAN PRESS



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Build it and they will come: Kano catches on

DIY. The \$99 computer and coding kit surpasses Kickstarter target, with backers such as the Woz

 **KIERON MONKS**
Metro World News in London

"Search for the white rabbit," Kano challenges me, providing clues as to where the animal might be. Mere minutes ago, the sleek, orange-fringed computer was a collection

Quoted

"We want to lower the barrier to entry and empower children."

Kano coder Matt Keegan

of flat-packed components in a box, but with minimal fuss it has been brought to life, taught to recognize its owner, and now it wants to play.

Built around the Raspberry Pi — a no-frills computer on a single circuit board —

the Kano promises to make us all creative technologists. It is the product of a London computing startup of the same name, and a challenge from company founder Alex Klein's cousin Micah, aged 7, who wanted computer design to be "like Lego." The final product can be pieced together in 107 seconds, costs \$99, and has generated enough excitement to crowd-fund almost triple the original target of \$100,000 within 48 hours, with funders including Apple co-founder Steve Jobs, a.k.a. the Woz.

Canada's 1 per cent

The rich are getting richer

The Thomson and Weston families have seen double-digit growth in their net worth since last year, according to an annual ranking of Canada's wealthiest people. Canadian Business magazine estimates the Thomson family's net worth has grown to 26.1 billion, up 30 per cent from \$20.1 billion last year.

THE CANADIAN PRESS

Canada's 99 per cent

And the poor are moving for jobs

The number of Canadian workers migrating between provinces in search of jobs has hit its highest level in almost 25 years, according to a Bank of Montreal study. Most are heading to Alberta and Saskatchewan, and leaving from British Columbia, Ontario, Quebec and Atlantic Canada, the study shows.

THE CANADIAN PRESS

Pinterest

The 'Place Pin' marks your spot

Pinterest, the online pin-board, is now letting users add location with "Place Pins."

THE ASSOCIATED PRESS

Random biz fact of the day

39%

39 per cent of employers have jobs that stay open four months or longer due to the inability to find people with the appropriate skills.

CAREERBUILDER

Privacy. LG smart TV collecting viewing habits without consent: Blogger

LG Electronics Inc. said it is investigating a claim that some of its smart TVs send information on home viewing habits back to the company without consent.

The investigation comes after Jason Huntley, a 45-year-old IT consultant in Britain, detailed in his blog how his LG smart TV logged the channels he was watching and sent the data to LG.

He said the company continued to collect which channel he was watching even after he disabled the information collection feature.

"The (LG) server acknowledges the successful receipt of this information back to the TV," he said in an email. The information appeared to be sent to LG unencrypted, he said.

Also collected were the names of files saved in an external USB hard drive plugged

Singing a different tune

When Huntley asked LG about the data collection last week, the company blamed a TV retailer for not disclosing the company's terms and conditions when he made the purchase.

- "As you accepted the Terms and Conditions on your TV, your concerns would be best directed to the retailer," LG said in an email to Huntley.

into the TV as well as the TV's unique identification information.

The world's second-largest TV maker said Thursday that customer privacy is its top priority and takes the issue very seriously.

THE ASSOCIATED PRESS

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Douglas Coupland

Douglas Coupland's latest novel, *Worst. Person. Ever.*, is available from Random House Canada.

Day 15

metronews.ca/temp

Temps know no borders

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The shift to temporary employment isn't just happening in Canada. The U.S. is witnessing the same trend.

• America added 913,200 temporary workers since the end of the recession in June 2009 (19 per cent of all new jobs), bringing the number to a total of 2.66 million in April. (U.S. Bureau of Labor Statistics)

• Hiring for permanent full-time workers over the second half of 2013 will remain stagnant and will be consistent with the same period in 2012, according to CareerBuilder, LLC's Mid-year Job Forecast prediction.

PHOEBE HO/FOR METRO

Past less litigious: Bosses

Lawsuits en route?

A recent survey shows that 69.5 per cent of employers believe Canadian workers are more likely to sue their employers now compared to five years ago. PHOEBE HO/FOR METRO

Temp Recalls the Zombie Walk

I think the AmQex protest got so much press because the zombies that the cops handcuffed and dragged away left behind a wicked trail of slime and body parts.

Andy Kimura, the firm's third partner, was looking at YouTube over my shoulder and said, "I must say, Shannon, bodily remains really look great online." Andy was still woozy from jetlag after being quarantined for bird flu at Beijing Airport.

"Mr. Kimura, shouldn't you be showing the Chinese folks around while they measure stuff?"

"Not me. I'm Japanese."

"Genetically maybe."

"But my name certainly is, and the Chinese aren't so hot on Japan."

I said, "Hey, check this out — Sarah from marketing got 15 seconds with the Channel 3 Roving Reporter." To be honest, I've no idea what Sarah said. All I remember is her trademarked casual hair flip as she smiled while behind her lay a left leg covered in red corn syrup and vinyl black flies.

"Poor Sarah," said Andy. "Today's her last day."

Oh God. "Seriously?"

"That's life, Shannon. As we speak our new Chinese owners are measuring the staff lunchroom with a laser level. We are not a company that is in need of a head of marketing."

"Oh Sarah, I barely knew ye. Does she know it yet?"

"After lunch."

"Life sucks."

It was weird having every sin-

gle surface of the building measured by quiet, methodical people speaking a mystery language. What made it especially odd was how they didn't really seem to notice or interact with the people in the building. It was like they were taking measurements inside a photograph, not a real building. Two guys in the meeting room were assembling a 3D model of the building using data brought in by the measurers.

I found myself missing Mr. Shoeman terribly. I decided to phone him in Beijing, and seeing country code 86 on my desktop phone put me in a better mood. I hoped he hadn't forgotten our plans for the future.

"Hello, Mr. Xu?"

"Hi, hello, yes, whatever — whoever this is, I'm getting a reflexology right now and need to focus my qi energy."

"Mr. Shoeman, it's me, Shannon."

"Ah. Sweetest lily of decadent

The zombies that the cops handcuffed and dragged away left behind a wicked trail of slime and body parts.



western imperialism."

"Shoeman, I miss you. When are you coming back?"

"Me so sorry — not understand."

I giggled: "You're still such a dick."

"Hang in there, sweetheart."

"What about our secret plan?"

"Our secret plan goes into operation within a few days."

"You promise?"

"I promise." I hung up the phone and turned around to find Andy Kimura and the two remaining Sarahs. "Secret plan?" said Andy. "So Dan wasn't just being paranoid."

Random fact of the day

- Roughly 1,600 people per year are bitten by other humans in New York City.

SOURCE: FACTHUT.COM

"Imagine that," said Sarah No. 1 with as much righteousness as she could muster, "A traitor right here from within."

Andy said, "I think you'd better leave, Shannon."

TO BE CONTINUED...

Random biz fact of the day

50%

Horrible bosses beware — 50 per cent of job seekers will tell their friends about a bad experience with an employer.

SOURCE: NEXCAREER

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BEANPOLE BIRDS, BUSTED BIEBS BASH

1 Civic doody. Ever notice how Rob Ford looks like a giant toddler? Just close your eyes and picture him in an Argos onesie. Then, ask him to leave daddy's office and his body goes limp until you're forced to drag him kicking and screaming. See? One big baby. With a tiny crack-pipe.

2 Ironic integrity. German recluse Cornelius Gurlitt is upset that authorities seized paintings inherited from his father Hildebrand, who was Hitler's personal art dealer and once chief of the Nazi's "confiscation committee." Cornelius maintains that no part of his billion-dollar collection was ill-gotten from Jewish owners. He tells Der Spiegel magazine, "Maybe my father was offered things privately but he wouldn't have taken it. He would consider that wrong." Oh, that he would have considered wrong.

3 Gobble-less. Butterball announced a shortage of turkeys right before American thanksgiving. More precisely, the birds have not been gaining weight to reach the 16-pound minimum expected by U.S. clientele. The turkeys attribute their success to increased cardio consisting of high-volume



THE METRO LIST

Mike Benhaim

metronews.ca

reps of wing-flapping. And their lean muscle-mass makes them harder to catch.

4 Win-win. Renowned "momager" and pimper of offspring Kris Jenner says daughter Kim and Kanye West will "hopefully" marry next year. Unless they break up. Either way, it will be filmed and marketed for profit.

5 Slam dunk. Since June of 2012, NBA centre Andrew Bynum has collected almost \$20 million for playing less than two cumulative hours of actual professional ball. How much more does your job suck now?

6 Bieber breach. Justin Bieber threw an anything-goes Great Gatsby bash last week that was so wild, the cops were called three times. But VIP guests will have only themselves with which to reminisce because they all signed confidentiality agreements worth \$3 million. The very next night, I got a henna tattoo at a bar mitzvah that still hasn't washed off. Who's the bad-ass now?

7 It takes two. Or does it? We-Vibe, the company behind body-safe, eco-friendly, "intimate" products believes that couples who play together stay together. Now they've

launched We-Vibe4: a remote-controlled, U-shaped vibrator that simultaneously stimulates "inside and out" including pleasure for the male. The result of extensive scientific research on monogamous pairings, there still lies the unspoken understanding that his presence is entirely optional.

8 Mentor experience. Attention unsigned Canadian singer-songwriters of legal age: Here's a great opportunity. Submit a video entry of your work to songwritermentor-experience.org for a chance to receive valuable insight from some of our nation's greatest artists, plus additional benefits including a one-year, paid membership to the Songwriters Association. In traditional Canuck fashion, there's no prize money or recording contract, but all criticism promises to be very polite.

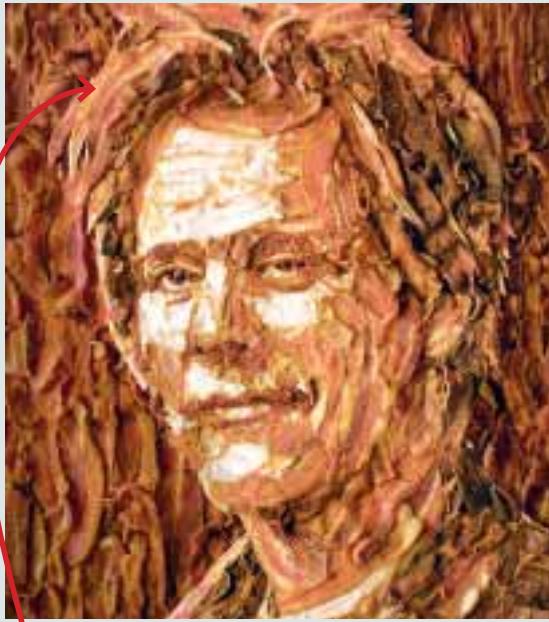
9 This week in music. In 2004, Ozzy Osbourne fought one of two burglars robbing his Buckinghamshire home. Breaking free of Ozzy's headlock, the man jumped 30 feet from a window. When asked about the danger of getting hurt, Osbourne replied "I haven't felt anything since 1979." The burglar, answering that same question said, "I seriously thought he was going to bite my head off!"



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ZOOM

Artist also has enough to eat at home



And it's rice to get food for thought

An artist has used various types of food to create delightful portraits of famous people.

Jason Mecier, from San Francisco, used strips of bacon and rice to portray actor Kevin Bacon and former U.S. secretary of state Condoleezza Rice, respectively.



COURTESY JASON MECIER

Some rare delicacies

"I enjoy trying to match the perfect items and themes with the essence of each unique subject: Snoop Dogg made out of marijuana and Sigmund Freud made out of pills."

Jason Mecier, artist

The choice of material provides a visual pun of their surnames. Mecier tries his best to preserve his food-based works, but so far it only works out for some.

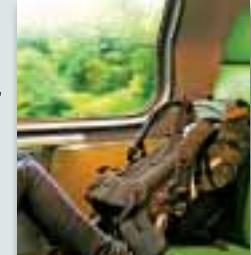
Mecier's works feature in a new book, Wild Art, which celebrates non-traditional creativity like sand sculptures, extreme body art and miniature dioramas. METRO

He plays with his food

is how long Mecier takes to make each portrait. His picture of Lady Gaga took almost two months to finish.

50 hours

That unmistakable chill in the air is turning our minds to far off, sun-soaked climes where we can briefly recover from winter's darkest days. If your strategy is to miss as much of that winter as possible, these travel blogs are well stocked with dollar-stretching tips.



ISTOCKIMAGES

Nomadic Matt:

Have you ever returned from a long vacation and cursed your re-entry into routine, dreaming of a life on the lam instead? Of course you have. So did Matt Kepnes, except he's one of those maddening types who actually pulled it off, compiling nearly 10 years of accumulated world-wandering wisdom in one place. (nomadicmatt.com)

Traveller's Point:

While there are some pretty cool features here, like a travel planner widget and budget accommodation search,

the real prize here are the lively and friendly forums. No matter what country you're planning to hit, or what (within reason) you're willing to do there, there's an abundance of advice and potential travel buddies here. (travellerspoint.com)

Adventurous Kate:

Another hero who managed to quit her job and take up the mantle of a full-time traveller. With plenty of world-savvy and 35 countries under her belt, the wildly entertaining Kate is an ideal source for the solo female traveller. (adventurouskate.com)

Twitter



@ctmwyn: 'healthy' is a slippery slope where some overly zealous parents insist on a #RawFood diet for their kid #Education #WorkBoth-Ways

@les_than_zero: Because adding transfat Ritz crackers to the lunch suddenly made it healthy?

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Synopsis

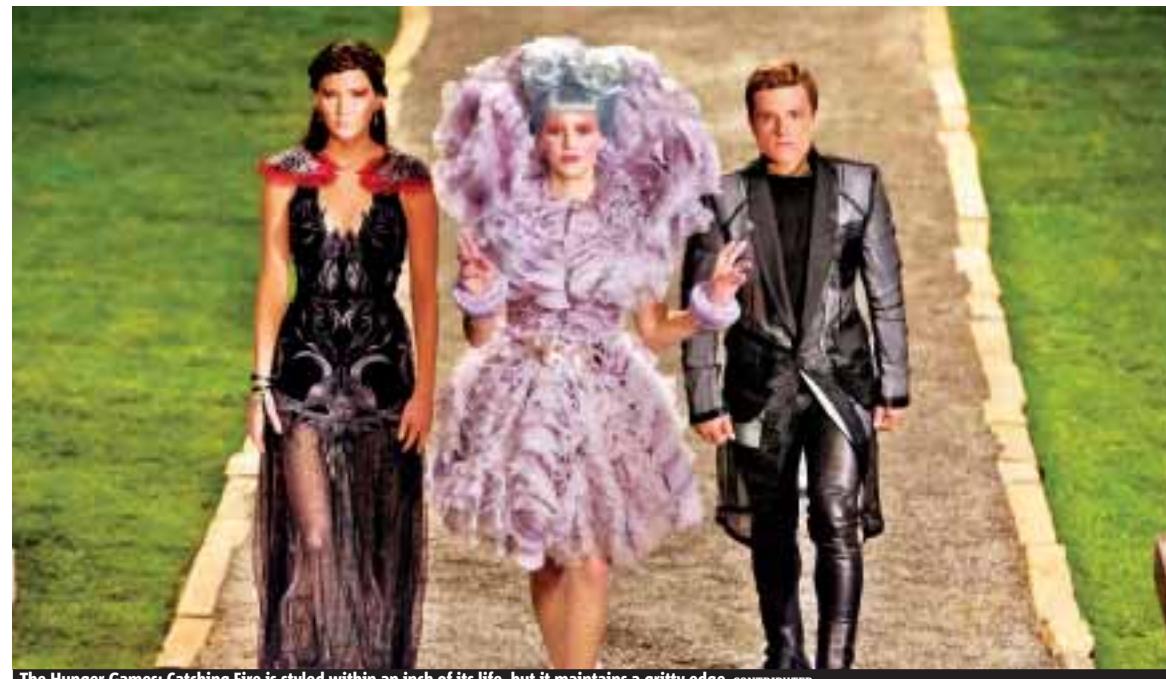
Combatants and sweethearts Katniss Everdeen (Jennifer Lawrence) and Peeta Mellark (Josh Hutcherson) have returned victorious from the 74th Annual Hunger Games. While on a Victory Tour to Panem's various downtrodden districts, revolution is in the air. The people see Katniss as a symbol of freedom, which, of course, doesn't sit well with President Snow (Donald Sutherland), the country's autocratic leader. To quell the revolution he and his head gamesmaker (Philip Seymour Hoffman) devise the trickiest Hunger Games yet, the Quarter Quell that will pit former winners against one another in the battle to the death.

• Richard: ••••

• Mark: ••••

Reel Guys

RICHARD CROUSE AND MARK BRESLIN



The Hunger Games: Catching Fire is styled within an inch of its life, but it maintains a gritty edge. CONTRIBUTED

2
SCENE

Two is better than one

Catching Fire. The followup to the Hunger Games is a step above the first instalment, with more visual and thematic grit

Richard: Mark, I'm glad I saw the first Hunger Games movie because I'm not sure if I would have a clue as to what was going on if I didn't have that background. I may have been taken in by the beautiful art direction, or Jennifer Lawrence's intense performance, but I don't think I would have been able to connect all the dots. Plot points become more obvious in the second hour, but for non-

Hungerites it might be confusing. What did you think?

Mark: I don't think anyone who didn't see the first one would even be interested in seeing the second instalment. So the question becomes: how do they compare? And surprisingly, I kind of prefer the sequel. The issues of state control, of media manipulation, and of income disparity are sharper and less cartoonish here. But more important, the secondary characters are more interesting and better drawn. Some of the contestants are intriguing, like Jeffrey Wright's techno-nerd, and his partner Amanda Plummer, doing her nutso thing. I even liked Elizabeth Banks and Stanley Tucci this time

around — the characters seemed more grounded in the story.

RC: I do think this is a better movie than the first instalment. It is set decorated and costumed to within an inch of its life, but nonetheless has a gritty edge. It doesn't feel like a budget big franchise movie and that's a good thing. Visually as well as thematically it has more edge than any of the recent Marvel movies. And it skirts around the thing that upset many people about the first movie — the idea of kids killing kids — by setting the action between former victors ranging in age from in their 20s to in their 70s.

MB: You know what else it

skirts around? The killings themselves, many of which happen off-screen, to protect the delicate psyches of our tweener population. But that's OK; this isn't really a film about body count. The only thing that left me queasy was the cliffhanger ending, with a plot twist that will seem arbitrary until we catch the next instalment.

RC: The cliffhanger ending is a bit of a shock after the almost two-and-a-half hour running time, but I felt as though enough had happened to keep me interested for the next one.

MB: And I think the next one may show Woody Harrelson to be the trilogy's most valuable player.

TEMP1980

Every time is a good time!

The Executive Privilege Short-Term Corporate Lodging Good Time Experience

THE PRIV

Walt Disney. Looking back at a 90-year legacy for inspiration for the future

An "everything old is new again" theme emerges when looking at the slate of upcoming Disney films.

A titan in Hollywood and one of the largest media conglomerates in the world, the Mouse House is looking back at their rich history in a very interesting way. For instance, *Get a Horse*, the dazzling new short that plays before *Frozen* in theatres, is the first original Mickey Mouse theatrical cartoon in almost two decades.

But more than simply being a reintroduction to a beloved character, it's also a deft marriage of old and new techniques that features, through some technical wizardry, the first vocal performance from Walt Disney since the 1960s.

In the live action roster there's the Oscar hopeful *Saving Mr. Banks*, the story of the

making of the classic *Mary Poppins*, and *Tomorrowland*, an epic sci-fi saga that was allegedly inspired by the contents of a mysterious box found in the Disney archives.

The 90-year-old company has one eye on the past and the other very much on the future.

"We like to think of our legacy as a springboard to the future and not something that anchors us so you can't move your feet," says Walt Disney Animation Studios general manager and executive vice-president Andrew Millstein.

"There is a great wealth of characters and visual material, but in its day the best of Disney was innovative and moved with audiences. We should do the same."

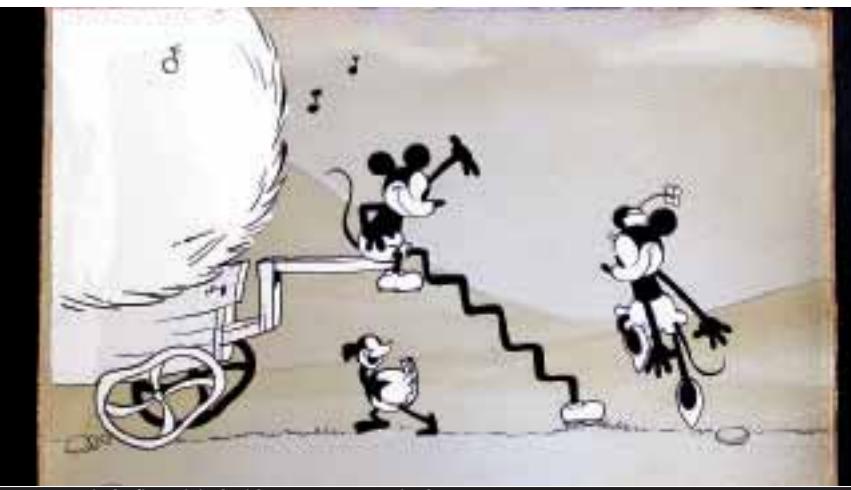
So what should audiences anticipate from Disney in the next few years? Millstein says

audiences should, "expect the unexpected."

"We have to be fiercely original. We have to give audiences things they haven't seen before. We want to surprise audiences. We want our stories to be compelling, the worlds to be great, the technology and the visuals to be stunning. If we do our jobs well, that is what's going to happen."

Millstein knows what he's talking about. He's been with Disney since 1997, when he started there as a production executive in the studio's motion pictures group. "It makes me feel very proud that I am part of a company that is creating content and films that you know are going to live for a long, long time," he says. "We're part of the zeitgeist of modern history."

RICHARD CROUSE



Get A Horse is the first original Mickey Mouse cartoon in almost 20 years. CONTRIBUTED

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Coogan on ratings and writing the truth



Philomena opens next Friday. CONTRIBUTED

Philomena. Actor talks about journalism and his MPAA struggles



**NED
EHRBAR**

Metro World News in Hollywood

Steve Coogan has been enjoying near-universal positive reception for *Philomena*, the true-life tale he co-wrote, produced and stars in with Judi Dench about a woman trying to track down the baby a group of nuns forced her to give up as a teen. But that adulation train hit a snag in the U.S., where the film was initially given an R-rating by the MPAA for two instances of the F-word. We spoke with Coogan just hours after that decision was reversed.

Congratulations on your MPAA victory.

They reversed their decision after we appealed, and I was there as a producer of the film putting the case for reappraising the rating. It was myself and Bert Fields — he's one of the hotshot Hollywood lawyers. ... They listened to our arguments and we convinced a two-thirds majority, which is what's required amongst the panel

of people who can challenge the original rating.

Has your opinion of journalists changed at all after playing one in this?

My opinion of journalists was never bad. That's a myth put about by some journalists trying to undermine me, and it's kind of a part of a campaign by certain journalists who have an agenda to be reductive about the whole thing and make it that I don't. When actually in fact I love journalists. I admire journalists who plow through a lot of crap to get to the truth. But there are some journalists who are not really interested in the truth. They're just interested in shifting units and getting a pat on the back from their editors who just want to sell units to satisfy proprietors who want to satisfy shareholders, and it's not really anything to do with getting to the truth. Those are the people that I've got an issue with. People who have no ethics, basically.

So, cynics?

I think a lot of people end up being cynical, whereas in their heart they don't want to be cynical but they just wind up being cynical because they've been doing it so long and they're kind of battle-weary, I sup-

pose. So I wanted Martin to have a humanity about him and have his cynicism challenged by this very ordinary — in some ways extraordinary but in other ways quite ordinary — old lady.

I was curious, at this point in your career, how often do people ask you to do impressions and how annoying do you find that?

People actually stopped asking me about it for years because I stopped doing them about 20 years ago because I didn't like doing them. I started out doing stand-up comedy, where I did lots of impersonations, 25 years ago. But then I moved away from it and then it became that people didn't know I did them. Then I'd start saying, "Hey, I can do some impersonations..." It became a party trick. I much prefer it as a party trick rather than as a career. I mean, I know Kevin Spacey does lots of impersonations but people don't think, "Oh, Kevin Spacey, the famous impressionist." (laughs)

He does a great Jack Lemmon.

You know what? I don't do a bad Jack Lemmon. I'll have to hear his and try mine.

Frozen thaws battle of the sexes



Frozen opens next Friday. CONTRIBUTED

Female perspective. Male and female co-directors ensured Disney film didn't tread into stereotypes

RICHARD CROUSE
[scene@metronews.ca](http://scene.metronews.ca)

The new animated film Frozen features something unique — dueling Disney princesses.

"I think what was really important for this movie was to have the female perspective," says co-director Chris Buck.

"We have two female leads and there are times that as a male director you can go to the stereotype of what a female character might do."

That's where co-director and writer Jennifer Lee came in. "Jen would always take it to a different place," he says.

"She would say, 'Make her real. Make her believable.' So I think that really helped. It was a good balance."

Based on a Danish fairy

tale by Hans Christian Andersen, Frozen is the story of two royal sisters, Anna, a spirited adventurer (Kristen Bell) and Elsa, a queen (Idina Menzel) with the awesome power to create ice and snow. Sibling is pitted against sibling when Elsa plunges her kingdom into an endless winter and Anna must act to save her sister and the empire.

"You want to make these movies to last forever but we have to bring ourselves to it," says Buck.

"We have to bring today's sense of entertainment and character to our characters."

"We're huge Disney fans and I grew up with Disney," says Lee.

"When you watch a Disney film you are constantly feeling it. It is a combination of comedy and drama but it is together in such a way that you feel you are in the world. That is something we both love more than anything because that, to me, is what makes them timeless and resonate."

"You feel the character and you feel the stakes. You relate to them. I think Disney does that better than anyone."

The feminine touch

"I think what was really important for this movie was to have the female perspective."

Frozen co-director Chris Buck on working with Jennifer Lee on the film

Buck says that one of the big challenges in making Frozen was creating a movie for not "just the Disney family but also for the general audience, for everyone of all ages."

"I feel more than anything, a responsibility not to necessarily the company but to the audience," says Buck.

"To the audience who comes in expecting a Disney movie and giving them the best of that. What does that mean to them? It's humour and emotion and beauty and all of that. For me, that's the pressure."

"I was speaking to a live action director who does more movies in the PG-13 and R-rated realm and he said, 'What you guys do is the hardest thing in the world because you try and reach everyone.'

Comedy



Delivery Man

Director. Ken Scott

Stars. Vince Vaughn, Chris Pratt, Cobie Smulders

• • • •

Vince Vaughn stars in this almost shot-for-shot remake of the French Canadian film Starbuck as a man-child who learns commitment and responsibility after discovering his sperm bank donations unwittingly made him the father of 533 children, 142 of whom have filed a class action lawsuit to learn their biological father's real identity. Supporting actors Chris Pratt, Cobie Smulders and Bobby Moynihan are all solid, but it's Vaughn who carries the movie. He hands in a charming performance with all the rough edges buffed away in an unabashedly sweet movie. RICHARD CROUSE

Drama



Dallas Buyers Club

Director. Jean-Marc Vallee

Stars. Matthew McConaughey, Jared Leto

• • • •

Matthew McConaughey plays Ronny Woodruff, a Texan oil rig electrician diagnosed with HIV. His search for a cure leads to a non-FDA approved holistic approach and with the help of cross-dresser Rayon (Jared Leto), he establishes the Dallas Buyers Club where customers pay \$400 monthly in return for unlimited access to Woodruff's stash of illegal but effective concoctions. At the core are dual powerhouse performances from McConaughey and Leto. RICHARD CROUSE

Hollywood

DiCaprio opens wallet for tigers

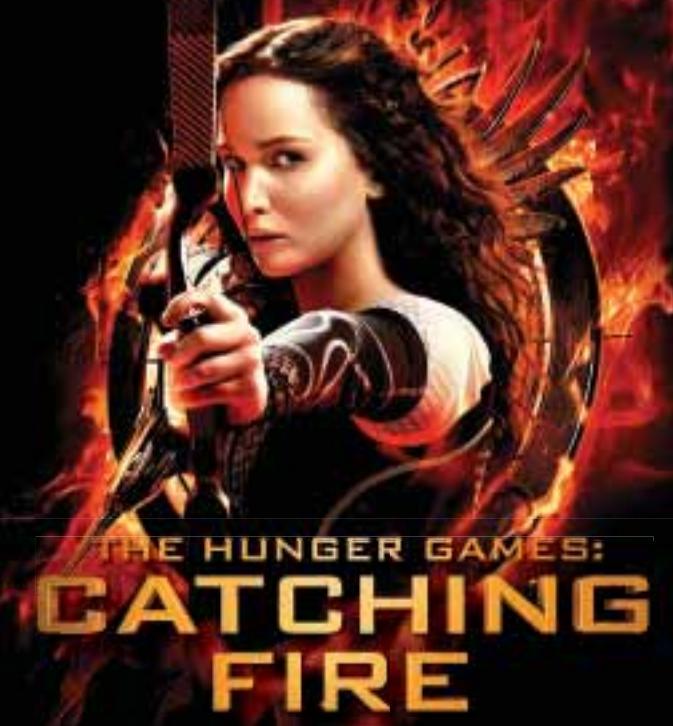
Leonardo DiCaprio wants to help the tiger population of Nepal. His Leonardo DiCaprio Foundation has awarded \$3 million in grants to the World Wildlife Fund (WWF) to work with the Nepal government on protecting the animals. In a statement Wednesday, the actor and activist said he's "hopeful" the money will help "exceed the goal" of doubling the tiger population that exists in Nepal now. The money will help build up anti-poaching patrols and protect and restore areas for them to breed and expand.

THE ASSOCIATED PRESS



"SPECTACULAR."

PETER TRAVERS, ROLLING STONE



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THE WORLD IS CATCHING FIRE.

The Clash are calling again on a Sound System near you

Q&A. Two of the band's surviving members Mick Jones and Paul Simonon talk about Strummer, the what ifs

Ah, the boom box. The portable stereo brings back memories of a specific time in music, when some of the sounds blaring from the speakers included the stew of punk rock, reggae and early hip-hop cooked up by the Clash.

Bass player Paul Simonon designed the group's new box set to look like a boom box. Lift up the cover and you'll find the complete recorded output of the classic Clash lineup — the late Joe Strummer, Mick Jones, Simonon and Topper Headon — with outtakes, videos, fanzines, stickers, a poster and more. The survivors worked a few years

to get back control of their music, remaster it and restore the original artwork.

The Clash were leaders of London's punk rock class of 1977, made one of rock's most enduring albums in London Calling and soaked up the sounds of the street in hits like Train in Vain and Rock the Casbah. Jones and Headon were fired in 1982 and although replacements were added and another album, Cut the Crap, released in 1985, that final chapter is ignored in the Sound System box.

The balding Jones now looks like a kindly British professor as he sits down to talk about the project. Simonon, who always looked better than he played, is impeccably tailored.

They confide a few myth-puncturing details in an interview with The Associated Press earlier this fall: "The Only Band That Matters" declaration was record company hype that they detested, and

the band poked fun at their political crusader image in the song Know Your Rights — only people took them too seriously to notice.

Before the Clash, Jones went to art school, not to learn how to draw, but to meet other musicians. He took a grant given to buy art supplies and bought an amp instead. It proved to be a good investment.

Were the Clash destined to burn bright and burn out fast?

Simonon: We didn't know it at the time, but I guess so. When we first started, I was surprised that we got through the end of the week, really.

Jones: Nothing was guaranteed. I knew that we worked really hard, nearly every day.

Is it a regret that you ended when you did?

Simonon: We were starting to lose track with Earth because fame and success brings you many things that



Paul Simonon at the Black Market Clash pop-up exhibition and store in London, England to mark the release of the group's remastered collected works Sound System box set in London INVISION/AP

you're not really prepared for or know how to deal with as a human being. When it does happen, it's very easy to get swallowed up and be taken along with it and become a casualty or lose touch with reality. The fact that we fell apart when we did, sacking everybody, in some ways stopped those potential problems.

Did you make your peace with Joe Strummer before he died (in 2002)?

Jones: It was well before he died. It was just a few months after I left the group that we became friends again.

Simonon: We appeared

in Mick's B.A.D. video for Medicine Show, just to show outwardly that we were friends again.

If he had lived, do you think the Clash would have gotten back together?

Jones: We had opportunities. That's it, really. It didn't happen. It never seemed right.

Why?

Jones: We didn't want to do it. Simonon: It's a better story at the end of the day that we didn't get back together. We saved all that time and effort by not reforming. It seems like we would have squandered what we'd achieved by

reforming. Why do people get together? Why do bands reform? Oh, they're good mates. Well, that's nice. It's usually because of a financial situation that has to be adhered to. Basically, everyone's broke.

Jones: Our band is an idea as well. It kind of said, "You can do this." We can say all this now in retrospect and sort of understand it. When we did it, we just did it instinctively with no thought of future significance.

Does the world need a band like the Clash today?

Jones: There's not much going on, is there?

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What's keeping musician Lissie connected the world over?

Music. While promoting her new album, Back to Forever, Metro finds out what apps Lissie is using on the road

On tour to promote her latest album, Back to Forever, Lissie touches down in Toronto today for a show at Adelaide Hall. But while travelling between cities, you can guarantee the singer has been spending her time using the following items on her smartphone.

Sudoku
(Optime arts version: free)
“I like the challenge, helps to pass time and I’d like to think it’s good for my brain.”

Instagram
“I get to travel to lots of cool places and spend lots of time away from family and friends while on the road so it’s a good way to share what I’m up to and see what my friends and family are up to as well.”

Twitter
“It’s a great tool for letting my followers know about



Lissie. ANDREW WHITTON

shows and sharing content, all info about what we’re doing really... I can thank those who come to the gigs and the encouraging feedback keeps me going!”

My fitness pal
“On the road I don’t eat very well and drink too much and get a bit of a gut! We are sitting for long periods of time whether in planes, buses or cars and this app helps me be mindful of what I’m eating.”

United airlines app
“I’m a big nerd about my mileage. I stay loyal to United and had flown 100,000 miles by September of this year.”

METRO

Canadians star in Bob Dylan's new music video

Like a Rolling Stone.

CMT Canada host Paul McGuire and the Property Brothers make an appearance in the unique approach to an old song

A few Canadians feature prominently in Bob Dylan's new interactive music video for Like a Rolling Stone, which premiered online Tuesday.

Identical twins Drew and Jonathan Scott, better known as the stars of the W Network show Property Brothers, and CMT Canada host Paul McGuire appear on two of the 16 virtual TV channels that users can flip through while Dylan's song plays.

On each channel, the characters on screen lip sync the lyrics to Like a Rolling Stone. The shows on the channels include specially shot versions of Pawn Stars, The Price is Right, Property Brothers, a parody of The Bachelor, faux news shows and a tennis match.

McGuire plays a TV anchor for a business news network, while the Scott brothers were told to mimic their show as much as possible for the music video.

“I asked what the idea was



Bob Dylan continues to innovate with his new music video. CONTRIBUTED

and they said they wanted to try something new and interactive that’s never been done before ... and show different personalities from pop culture and every different walk of life,” said Jonathan Scott, who added that he was thrilled to participate and has Like a Rolling Stone on his MP3 player.

“They said that basically they wanted it to be like our real show except we’re unaware that our mouths are moving to the lyrics of the song, so they didn’t want us playing it up or consciously singing the song.”

“While they knew most of the lyrics to the classic song — or at least they thought

they had them right — Drew Scott said lip syncing them wasn’t easy.

“The hard thing is the way Bob Dylan sings, the cadence is different and the rhythm is really different. So to line up our lips was such a tough thing to do,” he said of his turn.

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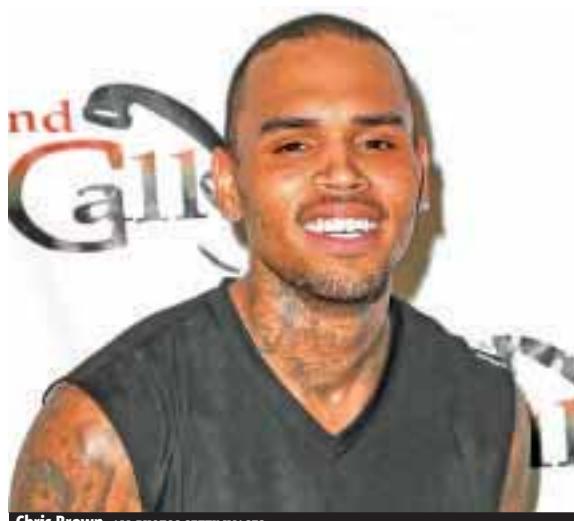
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Chris Brown. ALL PHOTOS GETTY IMAGES

Chris Brown kicked out of anger management for throwing a rock

Chris Brown has been thrown out of his Malibu rehab facility after he "flew into a violent rage" and threw a rock through his mother's car window following a family therapy session, according to TMZ.

The troubled R&B star has now been sentenced to

90 days in a different live-in anger management facility. Brown, who was most recently arrested for a brawl outside a Washington, D.C., hotel, was at the first facility for two weeks before the incident. The judge overseeing the case did not decide to revoke his probation.



Harry Styles

Are Harry and Kendall a thing? Don't expect him to deny it

Harry Styles is prompting new dating rumours after being spotted taking Kendall Jenner to dinner in L.A. Wednesday night, according to Us Weekly. Styles drove them to dinner at Craig's restaurant in West Hollywood, Jenner seated beside him in his SUV.

While it's not clear if Styles is actually dating the 18-year-old, he has made his feelings on high-profile relationships known. "I don't want to be one of those people that complains about

the rumours," he recently told the British edition of GQ magazine.

"I never like it when a celebrity goes on Twitter and says, 'This isn't true! It is what it is. The only time it gets really annoying is that if you get into a relationship and you get into a place where you really like someone and then things are being written in the papers that affect them and how they see you. Then it can get annoying."

METRO DISH

OUR TAKE ON THE WORLD OF CELEBRITIES

The Word



Don't get close for the camera, Will

PAT HEALY

Metro World News in New York City

This is hilarious. Check out Will Smith trying really, really hard not to put his arm around Margot Robbie in this photo call for their new film Focus in Buenos Aires, Argentina on Wednesday.

It makes sense. After all, the two co-stars were the

subject of intense media speculation last month after they reportedly had a steamy romp in a photo booth at a party. "Once they pulled the curtain back to take the pictures, they let their inhibitions run wild, laughing, hugging and nuzzling each other in the dark," a source told Star.

So now Smith, the professional he is, knows if any other forthcoming gossip about his marriage or his "nuzzling" come to light, media outlets will use any photo they can find of Robbie and him together. Smart man.



Aaron Carter

The party's over: Aaron Carter is bankrupt

Uh-oh. Aaron Carter joins Toni Braxton, Teresa Giudice, MC Hammer, Kim Basinger and other fallen stars who have filed for bankruptcy. In legal docs acquired by TMZ, the former teen star lists his assets as \$8,232.16 US. Which isn't going to come close to his liabilities,

which total \$2,204,854, with \$1,368,140 owed to the IRS.

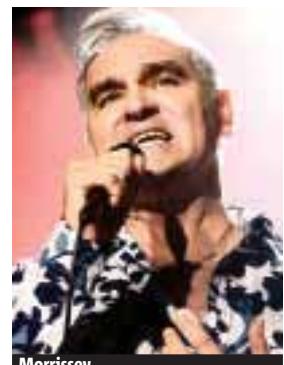
And this factoid may make you feel better about your pay-cheque: Aaron lists his average monthly income at \$1,998.75. So, hey! You might not be able to ever retire, but neither will Aaron Carter.

Morrissey takes aim at Pippa's shooting party

Morrissey is not pleased with Pippa Middleton's recent hunting trip, to put it mildly. The singer and animal rights activist left off a lengthy blog post going after several high-profile hunters, taking aim specifically at the Middletons.

"On Oct. 5, the Daily Mail newspaper gave us all an 'amusing' report of thick-wit Pippa Middleton laughing as she stood over 50 birds shot dead by her friends and herself after a 'busy day's shooting,'" he writes. "The sick face of modern Britain, Pippa Middleton will kill deer, boar, birds — any animal struggling to live or that gets in her socialite way."

"This is because her sister is, of course, Kate, who herself became 'royal' simply by answering the telephone at the



Morrissey

right time, and this association allows Pippa's 'kill, kill, kill' mentality to be smilingly endorsed by the British print media, to which only the mentally deficient could join in with the laughter."

Dan's advice for world-weary celebs? It's time to stop over-sharing

Daniel Radcliffe has some simple advice for celebrities who are tired of having their privacy invaded: Stop sharing so much. "I don't have Twitter and I don't have Facebook and I think that makes things a lot easier," he tells Sky News. "Because if you go on Twitter and tell everybody what you're doing moment to moment and then claim you want a private life, then no one is going to take that request seriously."



Daniel Radcliffe

Twitter



@mindykaling

How cool would he feel if he knew I changed his name in my phone to "Trouble"



@iamrashidajones

The most disturbing thing a person can say to another person is 'do you like to party'



@chriscolfer

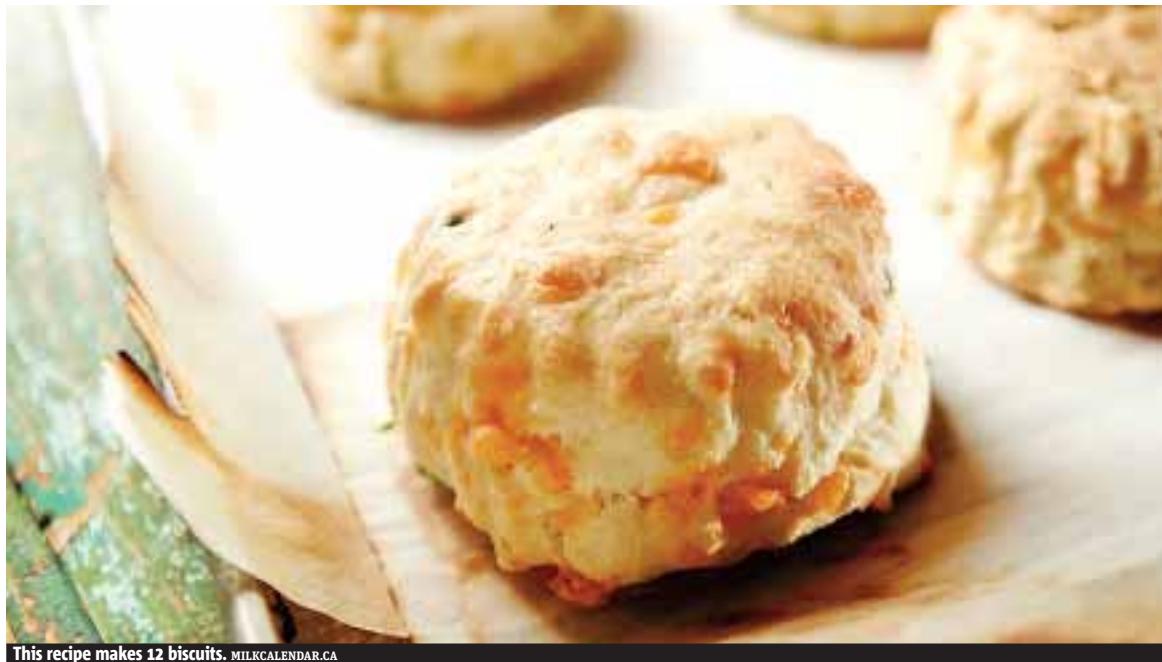
Spent all morning pole dancing with @adam-lambert and now I can't move a muscle... This is my life, these are my choices...

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Add a cheesy side of Canadiana to dinner

Garlic Cheddar

Biscuits. This delicious side dish is made with Canadian cheese. Which one? The choice is all yours

For a twist, substitute drained chopped pickled Jalapenos or chives for the green onion.

1. Preheat the oven to 450 F (230 C). Line a large baking sheet with parchment paper.

2. In a large bowl combine the

flour, baking powder, cream of tartar, sugar and salt. Using a pastry blender or two knives, cut in butter until crumbly. Stir in cheese and green onions. Slowly add the milk, stirring with a fork, until the batter reaches a soft dough consistency.

3. On a lightly floured surface, knead dough gently 3 to 4 times until it holds together. Roll out to 3/4-inch (2 cm) thickness. Cut into squares. Place at least 2 inches (5 cm) apart on prepared baking sheet.

4. Topping: In a small bowl, combine melted butter and gar-

lic powder; brush biscuits with half of the mixture.

5. Bake 12 mins. or until starting to brown. Brush with remaining butter mix. Bake an additional 3 mins. or until gold-

en brown. Best served warm.
MEAGHAN THORNHILL OF HARBOUR-FRONT HOLSTEINS & JEZEBEL JERSEYS IN ANTIGONISH, N.S./ DAIRY FARMERS OF CANADA (MILKCALENDAR.CA)

Ingredients

- 2 cups (500 ml) all-purpose flour
- 2 tbsp (30 ml) baking powder
- 1/2 tsp (2 ml) cream of tartar
- 1/2 tsp (2 ml) granulated sugar
- 1/2 tsp (2 ml) salt
- 1/2 cup (125 ml) cold butter, cubed
- 1 cup (250 ml) shredded Canadian old Cheddar, Marble or Monterey Jack cheese
- 1/3 cup (75 ml) chopped green onions
- 1 cup (250 ml) milk
- Topping**
- 2 tbsp (30 ml) butter, melted
- 1/4 tsp (1 ml) garlic powder



LIQUID ASSETS
Peter Rockwell
@therealwineguy
facebook: therealwineguy
liquidassets@eastlink.ca

Even with most wine aficionados plugging into the Internet for the bulk of their liquid knowledge, there's still a place in this world for some hard copy.

Just in time for Christmas, the newly released Canadian Wineries (Firefly Books, \$29.95) by Tony Aspler with photographs by Jean-François Bergeron, is the book Canadian wine fans have been waiting for.

Focusing on more than 60 wineries — from British Columbia's Mission Hill all the way to Nova Scotia's Jost Vineyards — it's a lovingly crafted collection of stories and images that will make even the most jaded sommelier excited to visit these vineyards and drink their wines.

B.C.'s Sandhill Estate is included in the collection and its 2011 Cabernet Merlot (\$17.49 to \$21.99) is available just about everywhere. Dark, rich and layered with varietal fruit, it's a mouthful of local juice that pairs perfectly with meatier, winter-inspired menus.

The engine driving our vibrant national wine culture is our own wines, and if you're looking for a great guide to the excitement, Canadian Wineries is it. **PRICES**
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Swipe through your potential partners on Tinder, but be classy. HANDOUT

Getting a Tinder date not a swipe dream

Helpful tips. Focus on your profile pic, don't come on too strong. Use it as a launching pad to meet that special someone

RICHARD PECKETT
Metro World News

It's the dating app that'll have your on-screen lust life swiped into action. Here's our guide to meeting the person behind the profile pic.

Profile pictures – Don't mis-sell yourself
Frankly, group shots are irritating. You're selling yourself, not your mates – so your first image should be a headshot and nothing too distorted and artsy. No abs shots, guys, this isn't for the cover of Men's Health. Remember: people are flick-

ing through photos at a rate worthy of R.S.I. (repetitive strain injury) so make 'em stop with a flirty face or power pose – and yes, pouting does work girls as long as you've got the lips for it.

Bio – Peppy, not prosaic
On a site where the sole focus is on the superficial, the bio can seem kind of redundant. Keep it down to a few helpful hints about you – but don't expect the furious finger flicker to take any notice of it. Girls: if you're tall (over 5-foot-10), include your height, unless you're after a Tom Cruise and Katie Holmes situation. Lastly, any quirky facts (Burlesque dancer) or particular passions can be a great way to start a convo.

Openers – Don't come on too strong, bunny boiler
Unless you're a condemned man, don't profess your love over Tinder. Conversely, save

the dirty talk for a hook-up site: "You absolute babe :) I would love to totally wreck you x". You're not talking to a sex-crazed avatar, so kick off with something that you might actually say to a real person, like "Hi, how are you? What did you get up to over the weekend?"

Seal the deal – Get that date down

OK, the Tinder texting is sparking and you wanna meet up with the person behind the profile pic. Ask for their number, and if they're a bit nervy, send yours first and make friends over Facebook. That way, the potential love interest can get an idea of your social life and decide whether they want to be part of your weekends in a torture dungeon.

First date – Play it cool

People have a tendency to over-think the first date scenario but when it comes to a

Tinder 101

- It's a dating app, not a sex app.
- It's free on a smartphone.
- The app connects to Facebook and accesses your friends, though it doesn't broadcast that you're on Tinder.
- Your 'About' section, if you have one, will also appear on Tinder.
- You can only choose profile pictures from your Facebook page.
- Swipe right to like and left to pass.

- Get a match (you've both swiped right on each other) and the Tinder icon turns blue. Now you can chat or, as the game says, "Keep Playing".

TINDER TALK

- Men, a.k.a. 'Tinmen'
- Girls, a.k.a. 'Tindettes'
- 'Blueing' – you've got a match

blind date of sorts, it's best to keep it simple. Drinks and chat is a reliable option.

Side. Roasted Squash and Beets with Creamed Garlic

Ingredients

• 1 medium butternut squash, peeled, seeded and cut into 1/2-inch cubes (about 4 cups)	• 2 tbsp olive oil
• 4 large beets, peeled and cut into 1/2-inch cubes (about 4 cups)	• Salt and ground black pepper
	• 3/4 cup heavy cream
	• 24 cloves garlic, peeled
	• 3 tbsp chopped fresh thyme

1. Heat the oven to 400 F.

on a rimmed baking sheet. Drizzle with the olive oil and toss to coat. Season with salt and black



pepper. Roast for 40 minutes, or until tender and browned, stirring every so often.

3. Meanwhile, make the

creamed garlic. In a small saucepan over medium heat, combine the cream and the garlic. Bring to a boil, then lower the heat to just below a sim-

mer. There should be just occasional bubbles in the cream. Cook for 45 to 50 minutes, or until the garlic is very tender. Mash the garlic with a fork in the cream, or transfer everything to a blender and purée

until smooth. Stir in the thyme and season with salt and black pepper.

4. Serve the roasted squash and beets drizzled with the garlic cream. **THE ASSOCIATED PRESS**



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Terrific teen ideas

MIKE YAWNEY
For Metro

If you have a teenager, you know how difficult it can be to purchase a gift for them. Forget the gift cards and guessing which style of jeans they want. These high-tech gifts are sure to please even the pickiest teen.

Playstation 4 — \$399.99

One of the most highly anticipated new consoles of the year. The PS4 features improved processing and graphical power with voice control. A new controller features a touchpad and "share" button, which lets you record and share game-play with friends online.

Xbox One — \$499.99

Microsoft's next generation console promises to wow gamers of all ages. Every aspect of this next-gen console has been enhanced, including a vastly improved Kinect sensor and a newly designed controller with more than 40 new technological innovations.

Sony Xperia Z1 — \$700 (no contract)

Snappy performance and stylish good looks, this is a smartphone



your teen will want to show off. The rear 20.7-megapixel camera will help them capture moments with friends, while the waterproof and dust-resistant body will hold up to most teens.

Samsung Galaxy S4 Mini — \$449.99 (no contract)

Compact and yet powerful. This smaller version of Samsung's popular Galaxy S4 has many of the same features but now in a smaller form. A solid plastic build ensures durability, while the eight-megapixel camera is perfect for snapping selfies and Facebook pics.

Mophie Juice Pack Helium — \$79.95

Your teen will never be able to use the excuse "my phone's battery died" again once you buy them this case for their iPhone. This case contains an external battery providing up to an additional 80 per cent battery life, yet it's thin and light. Available in



Pebble — \$150

So much more than just a watch. Pebble connects to your smartphone via Bluetooth so you receive notifications each time you receive an email or text. Download apps to give your watch even more functionality. Teens can also

multiple colours.

Sonos Play:1 — \$219

If your teen loves music then look no further. Once they connect Play:1 to their home network and download the app, they can stream music from the most popular music services directly to the speakers. Purchase additional speakers for an even richer music experience.



Playstation 4 — \$399.99, top, Pebble — \$150, below.

personalize Pebble by choosing one of hundreds of customizable faces or swapping out the wrist strap.

Philips Friends of Hue Bloom Lamp — \$79.95

The perfect way to let your teen customize the look of their room without spending a fortune. This lamp is designed to cast coloured light on walls, using an app designed for your iPod, iPhone, or iPad. More than 16 million colours are possible and it doesn't get hot. Requires Philips Hue Bridge accessory.



iPad Mini 2nd Gen — \$419 and up

The all-new iPad Mini finally receives the beautiful Retina display. Internal specs also feature a dramatic improvement with faster processor and improved graphical power. Ideal for learning and leisure.

HTC One Mini — \$399.99

This pocket-friendly device has the features teenagers demand in a smartphone. Crisp, 4.3-inch high-definition display, amazing audio through to two front-facing speakers, a fantastic camera, plus all your social media streams to the main screen. What more could a teen want.

Xbox One — \$499.99, clockwise, from left, iPad Mini 2nd Gen — \$419 and up, Philips Friends of Hue Bloom Lamp — \$79.95, Mophie Juice Pack Helium — \$79.95, Sonos Play:1 — \$219, HTC One Mini — \$399.99, Samsung Galaxy S4 Mini — \$449.99 (no contract), Sony Xperia Z1 — \$700 (no contract).



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Wilton Holiday Three-Piece Cookie Cutter Set, \$5, available at Canadian Tire, canadiantire.ca.



Fresh Express Fruit And Vegetable Chopper, \$119.99, available at mass department and specialty stores, t-fal.ca.



Aprecia Mini Kettle, \$29.99, available at Walmart, walmart.ca.



Ethical Bean Three-Pack Gift Set Of 100 Per Cent Fairtrade Certified Organic Coffee, \$34.95, available at shop.ethicalbean.com.

*Begin
a new
holiday
chapter*

Most families have a Christmas tradition or two that they look forward to sharing together year after year.

Traditions draw us closer together and allow us to slow down and enjoy the season.

Reading Christmas short stories together is free, meaningful and gives a slight pause to each day of the hustle and bustle that comes with the holiday season.

Begin on Dec. 1 and read a story each night until Christmas. You may want to plan ahead by having each family member choose a favourite holiday story.

You can borrow some from your local library, download them or listen to audio stories.

Make story time special by lighting some candles, or gathering the family around the Christmas tree. Make some apple cider or hot chocolate and have a small treat like cookies or shortbread to go with your hot drink.

You will be surprised at how much your family will look forward to this quiet time with each other and you may even have some wonderful conversations during or after reading these moments together.

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Don't let the eggnog derail your career path

Office holiday parties.
Be on your best behaviour when you gather with co-workers



Ah, the annual office holiday party. Perhaps people have been on their best behaviour at the parties you have attended, but things can go south quickly, especially if alcohol flows freely.

If that happens this year — if you want to keep your career on the fast track — it's wise to keep your inhibitions in check.

"Employers are responsible for the safety of their employees, even at an office party, and they have a legal obligation to take appropriate disciplinary action against anyone who goes overboard in terms of sexual harassment, insubordination or discrimination," said Susan Thompson-



It's wise to keep your inhibitions in check at the annual holiday party if you want to keep your career on the fast track. PRESSMASTER/SHUTTERSTOCK

ham, the head instructor of the advanced diploma program in human resource

management at the Nova Scotia Community College in Halifax.

Here are Thompson-Graham's tips for how to not ruin your career at the party:

- Don't skip the shindig. You may not want to go, but it's one night of the whole year, and if you don't attend, you could be ostracized at work for a while.
- Drink responsibly. Let management set the pace for how much alcohol is consumed. If everyone over-indulges, ensure that you also consume vast quantities of water and food. "You don't want to be the office

hangover joke the next day," Thompson-Graham said. "And do I even need to say it? No illegal drugs."

- Dress appropriately. "It's not Halloween, so no sexy pirate, sexy nurse or sexy devil outfits," Thompson-Graham said.
- Keep romance at bay. Although many people do meet their significant other at work, don't make out on the dance floor under the glare of the disco ball. "Instead, make arrangements for a rendezvous after the party," Thompson-Graham said.
- Observe social media etiquette. That means no texting — you need to look like you want to be there. And no posting "memorable moments" from the party on Facebook or Instagram, especially if your company has a social media policy.
- Express your gratitude. Thank the host and organizers for their hard work. "I often hear managers say, 'I do this for my employees and don't get a single thank you.' Be remembered for being the one who took the time to do so," Thompson-Graham said.



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Shopping tips. How to trim your budget

Here are some tips to trim your holiday shopping budget:

Extend your holiday shopping budget with coupons. Whether shopping in-store or online, there is no excuse for buying anything without first checking if there is a coupon available. Thanks to modern technology, the hours spent clipping coupons are gone. Using coupons online and

through apps is now easier than ever with sites like RetailMeNot.ca, a Canadian digital couponing site.

Find hidden money. Clean out your wallet and scour your junk drawer — we all have gift cards hiding somewhere. Cash them in this holiday season and keep your money in your pocket. Another great way to save cash is to take inventory of your

credit card rewards and trade them in for gifts.

Wrap it up for less. The cost of wrapping paper, ribbons and bows can add up fast. Consider using what you already have to save some money and make an even bigger impression. For wrapping, try using brown paper bags, newspaper, magazines or even old maps. For the final touch, try twine or yarn

and include outdoor elements such as a sprig of evergreen or a pinecone to make a stunning and inexpensive presentation.

Get free gift tags. You don't need to buy gift tags or even some holiday decorations. Instead, print your own using free templates that can be found on Pinterest. Simply search "free holiday printables," print and enjoy.

Go semi-homemade. With all the holiday parties this time of year, purchasing host gifts can add up quickly. Try buying inexpensive gifts (less than \$10) and adding your own personal touch. For example, an inexpensive bottle of wine can be personalized by covering the label and including a personal festive message.

Pour a signature cocktail. If you are hosting a holiday party, don't bother buying a holiday supply of pricey wines on which you wouldn't normally splurge. A 750ml bottle of wine pours five or six glasses, whereas the same-sized bottle of rum, vodka or gin will make at least 16 drinks if mixed as a cocktail.

Plan a holiday swap party.

Tis the season for entertaining, so why not plan a party with a purpose? Get a group of girls together for a holiday swap where each guest is invited to bring their extra wrapping supplies, decorations and even holiday wardrobe they may not want anymore. Swapping and sharing what you already have can be a huge money saver.

Know the best time to shop. A little known secret is that the best time to shop a big sale is actually 6 p.m. the day before the sale starts. Often, retailers will already have their registers programmed with the next day's sale price, allowing you to beat the crowds, and get the best selection on the items you want. **METRO NEWS SERVICES**



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(**Black Friday, Nov. 29, 8:00 am – 9:00 pm**)



Knowing the best time to shop is one way you can save money during your holiday shopping. STOCK AVALANCHE/SHUTTERSTOCK



Grey Cup

Frostbitten Ticats had 'great time' out in the snow

Several Tiger-Cats emerged from their first Grey Cup practice with frostbite from frigid Mosaic Stadium in Regina.

But Paul Osbaldiston, Hamilton's assistant special teams and kicking coach, said the team still relished the championship game workout.

"I loved playing in the snow," the former longtime Hamilton kicker said Thursday at a media breakfast. "I saw it as something different and fun and a challenge. Our guys had a great time out there (Wednesday). We ended up with a couple of frostbite situations. But the guys didn't complain, they practised hard."

Osbaldiston said the frostbite was nothing serious "but it tells you how cold it is."

Wednesday's temperature was listed at minus-16 but it felt like minus-28. It was even chillier Thursday morning at minus-21, which felt like minus-31. The forecast is improved for game-day Sunday with a daytime high of zero, feeling like minus-five. Kickoff is 5:30 p.m. local time.

THE CANADIAN PRESS



Tiger-Cat Brandon Boudreax peers through a frosted visor during a practice on Wednesday at Mosaic Stadium. THE CANADIAN PRESS

Riders' Bagg refuses to let his spirits sag

Grey Cup. After overcoming numerous injuries, receiver has a shot at career-defining moment on Sunday

For a moment, it looked like Rob Bagg's dream of winning the CFL's biggest prize was finally over.

In an Aug. 17 game against the Montreal Alouettes, the Saskatchewan Roughriders wide receiver went out on a blocking assignment and went down in a heap, clutching his left knee.

Bagg left the field in tears, seeming to signal the end of a CFL career that barely managed to get started.

But two days later video emerged of Bagg running the stairs at Mosaic Stadium, and not even two weeks after that he was back in the lineup for the Labour Day Classic, making one catch for seven yards as the Riders downed the Winnipeg Blue Bombers.

Bagg finished the 2013 regular season fifth on the Riders with 430 yards receiving, and will have the chance Sunday to help his team finish first when Saskatchewan hosts the Hamilton Tiger-Cats in the 101st Grey Cup at Mosaic Stadium.

"Getting back on the field is one thing but, really, your main driving factor is you want to be able to tell your kids and grandkids that you were the best in the CFL one year," he said.

Bagg will be in uniform Sunday for his first championship game since 2009, when Saskatchewan lost to Montreal



Roughriders receiver Rob Bagg celebrates his touchdown during the first half of the CFL West division Final against the Stampeders in Calgary last Sunday. Bagg has battled back from numerous injuries over the last few seasons to help the Riders reach the Grey Cup on their home field in Regina. LARRY MACDOUGAL/THE CANADIAN PRESS

Peer evaluation

"I don't really know what keeps him going at times."

Roughriders receiver Weston Dressler, on teammate Rob Bagg.

after a too-many-men penalty cost them the game with no time on the clock.

For Bagg, that loss was compounded further by the broken collarbone he suffered following a hit from Chip Cox late in the fourth quarter.

"I was definitely aware of the situation and, if anything, it made the injury more painful because it was just two defeats rather than one," said Bagg.

Bagg missed all of 2011 after reinjuring the ligament prior

to the next season's training camp and played only three games in 2012 before tearing up his other knee, which also required season-ending surgery.

"He's definitely worked harder than anyone I've ever met in this sport," said fellow Riders receiver Weston Dressler.

"He's put in the time, he's put in effort to get himself back on the field on separate occasions, many different times. So just to see him out there and get a chance to play in this game again, it's nice to see that." THE CANADIAN PRESS

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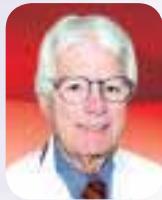
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W. Gifford-Jones, MD

Fourteen years ago following my own coronary attack I decided to follow the research of Dr. Linus Pauling, Professor Williams Stehbens and Dr. Sydney Bush and take high doses of vitamin C plus lysine. I am turning 90 soon and I am glad I did!

Dr. Linus Pauling, two-time Nobel Prize winner, was ignored for reporting that large amounts of vitamin C and lysine are needed to prevent coronary attacks. Twenty-five years ago Pauling reported that animals make vitamin C but humans do not and must supplement this important vitamin. Lysine must also be supplemented.

Vitamin C is required to manufacture healthy collagen, the glue that holds coronary cells together, just like mortar is needed for bricks. Lysine, like steel rods in cement, makes collagen stronger. Pauling claimed it takes a mere 10 milligrams of vitamin C to prevent scurvy, but several thousand to prevent heart attack.

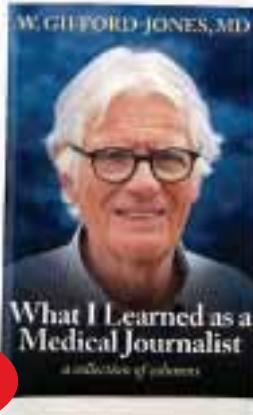
Dr. William Stehbens, Professor of Anatomy at Auckland University in New Zealand emphasized that coronary arteries are under more pressure than any other arteries in the body. After all, they're situated in the heart's muscle, not in the big toe. Moreover they're under constant pressure while the heart beats 100,000 times every 24 hours, or 37 million times a year, and 2.2 billion times if you live to 70 years of age.

Without sufficient vitamin C and lysine this constant pounding causes minute cracks in collagen, resulting in blood clots and possible death, or a weakened artery can break, causing a stroke.

Dr. Sydney Bush, an English researcher, has now proven that vitamin C and lysine can reverse atherosclerosis. Bush took retinal photographs, then started his patients on high doses of vitamin C and lysine. One year later new pictures showed atherosclerosis had regressed in retinal arteries.

Now you can take the right combination of vitamin C and lysine in a powder form I developed called **Medi-C Plus™**. The dosage for **Medi-C Plus** is one flat scoop with breakfast and the evening meal, mixed in water or juice.

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Two shades of Grey unite on Sunday



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When it comes to professional football in this country, there really are only two shades of grey.

As in Grey Cup.

First, the segment of our population with the absolute love of the Canadian game at all levels. For them, the CFL is almost a way of life and these people dominate in three provinces — Manitoba, Saskatchewan and Alberta — and exist in various regional pockets across the rest of our country.

This group loves three-down football, all things Canadian, movement in the backfield and someone actually gaining points when they miss 30-yard field goals.

The second group is not as obvious, but every bit as strong in their beliefs about the way football should be played. They are NFL fans and they are all across the country, dominating in some provinces and no



Roughriders fans celebrate winning the West final in Calgary.

LARRY MACDOUGAL/THE CANADIAN PRESS

worse than 50 per cent of the football enthusiasts in many others.

Four-down football is their cup of Red Rose tea and betting on the game is part of their persona. They like the fact the best athletes are playing their game and relish the absolute television and online saturation, allowing them many more entry points.

But there is one day when both sides unite and become one — a special Sunday each year in late November. The confluence of the two streams on Grey Cup Sunday is a beautiful

thing. And this year more than the rest.

That is because the two smallest markets — Hamilton, represented by the Ticats, and Regina, by the Roughriders — are facing each other for the first time since 1989. And the game is in Regina, only the third time the city has played host to the event.

The pro-CFL and pro-NFL camps co-exist on Grey Cup Sunday for obvious reasons — both love football, both love Canada and there is nothing more Canadian than the Grey Cup.

But a Grey Cup in Regina is not the Grey Cup in the Rogers Centre in Toronto or the Olympic Stadium in Montreal or BC Place in Vancouver. It is far superior, something very special.

It is an outdoor spectacle played in Canada's version of the "frozen tundra" where the elements will be in play all day and the fans would not have it any other way.

No matter how many downs are in play.

NBA

EASTERN CONFERENCE

	GP	W	L	OL	GF	GA	Pt
Boston	22	14	6	2	61	41	30
Tampa Bay	21	14	7	0	66	55	28
Toronto	22	13	8	1	64	53	27
Detroit	23	10	6	7	58	65	27
Montreal	22	11	9	2	58	47	24
Ottawa	22	8	10	4	63	71	20
Florida	22	6	12	4	49	72	16
Buffalo	24	5	18	1	43	76	11

METROPOLITAN DIVISION

	GP	W	L	OL	GF	GA	Pt
Pittsburgh	22	14	8	0	63	48	28
Washington	22	12	9	1	69	63	25
New Jersey	21	8	5	4	56	52	21
NY Rangers	21	10	11	0	43	52	20
Philadelphia	21	9	10	2	44	51	20
Carolina	22	8	10	4	43	63	19
Columbus	22	8	11	3	54	65	19
NY Islanders	22	8	11	3	63	73	19

PACIFIC DIVISION

	GP	W	L	OL	GF	GA	Pt
Anaheim	24	15	6	3	75	63	33
San Jose	21	13	5	3	72	50	31
Phoenix	21	14	4	3	73	66	31
Los Angeles	22	15	6	1	63	48	31
Vancouver	23	11	8	4	58	61	26
Calgary	22	7	11	4	60	81	18
Edmonton	23	6	15	2	60	83	14

Note: Two points for a win, one point for overtime loss.

NY Islanders at Pittsburgh, 7 p.m.

Florida at Calgary, 9 p.m.

Tampa Bay at Anaheim, 10 p.m.

Columbus at Vancouver, 10 p.m.

Saturday's games

Carolina at Boston, 1 p.m.

Minnesota at Winnipeg, 3 p.m.

Pittsburgh at Montreal, 7 p.m.

Washington at Toronto, 7 p.m.

Ottawa at Detroit, 7 p.m.

NY Islanders at Philadelphia, 7 p.m.

NY Rangers at Nashville, 8 p.m.

Dallas at St. Louis, 8 p.m.

Anaheim at Phoenix, 8 p.m.

Chicago at Vancouver, 10 p.m.

New Jersey at San Jose, 10:30 p.m.

Colorado at Los Angeles, 10:30 p.m.

x - clinched playoff berth; y - division; z - conference.

Thursday's results

L.A. Clippers at Oklahoma City

Chicago at Denver

Wednesday's results

Indiana 103 New York 96

Washington 98 Cleveland 91

Charlotte 95 Brooklyn 91

Toronto 108 Philadelphia 98

Miami 120 Orlando 92

Atlanta 93 Detroit 85

Portland 91 Milwaukee 82

New Orleans 105 Utah 98

L.A. Clippers 102 Minnesota 98

San Antonio 104 Boston 93

Sacramento 113 Phoenix 106

Dallas 123 Houston 120

Memphis 88 Golden State 81

MLS PLAYOFFS

CONFERENCE CHAMPIONSHIPS

(Two-game series; aggregate goals)

EASTERN CONFERENCE

KANSAS CITY VS HOUSTON

Leg 2 - Saturday's game

Houston at Kansas City, 7:30 p.m.

WESTERN CONFERENCE

REAL SALT LAKE VS PORTLAND

Leg 2 - Sunday's game

Real Salt Lake at Portland, 9 p.m.

CFL PLAYOFFS

101ST GREY CUP

Sunday's game — All Times Eastern

Hamilton at Saskatchewan, 6 p.m.

DIVISION FINALS

EAST DIVISION

Sunday's result

Hamilton 36 Toronto 24

WEST DIVISION

Sunday's result

Saskatchewan 35 Calgary 13

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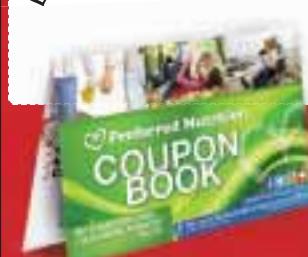


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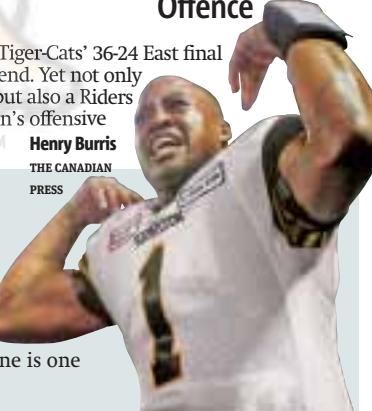
Riding high under grey skies

It's not difficult to see the Saskatchewan Roughriders celebrating their fourth Grey Cup championship Sunday night. They're 5 1/2-point favourites and have home-field advantage. But of course there's a reason they play the games. Here are some key points to watch. THE CANADIAN PRESS

Hamilton Tiger-Cats

QB Henry Burris passed for 371 yards and three TDs in the Tiger-Cats' 36-24 East final win over the Argonauts indoors at Rogers Centre last weekend. Yet not only will Burris have to battle the elements at Mosaic Stadium, but also a Riders defence that was third in the CFL in sacks with 57. Hamilton's offensive line led the league in sacks allowed with 65.

Offence



TM
Henry Burris
THE CANADIAN
PRESS

Defence

Hamilton's defence will face a tall order trying to contain a Saskatchewan offence that not only boasts a solid ground attack but a receiving corps with three 1,000-yard performers. The Riders' offensive line is one of the CFL's best.

Kent
Austin
THE CANADIAN
PRESS

Green gifts

Riders sit atop merch mountain

Long underwear in green, rubber ducks with tiny green football helmets painted on them and a foam helmet that looks like a watermelon.

There is apparently no end to the list of things

bearing a Saskatchewan Roughriders logo, and football fans flocking to Regina for the 101st Grey Cup on Sunday can't wait to get their hands on the merchandise.

Riders vice-president of sales Steve Mazurak says Saskatchewan sells as much merchandise as all the other CFL teams combined.

The Riders have had more than \$7 million in merchandise sales in each of the last four years, with sales in the 2010 centennial year reaching \$10 million.

But Mazurak says it's too early to know if sales this year will pass that \$10-million mark, adding that might depend on the outcome of the game Sunday.

THE CANADIAN PRESS

X-Factor

There's no denying the marvellous job Kent Austin has done in his first season as Hamilton's vice-president of football operations, general manager and head coach.

After a disappointing 6-12 season in 2012, Austin went to great lengths to increase Hamilton's talent base. But it's not a stretch to suggest by reaching the Grey Cup they've over-achieved and exceeded expectations.

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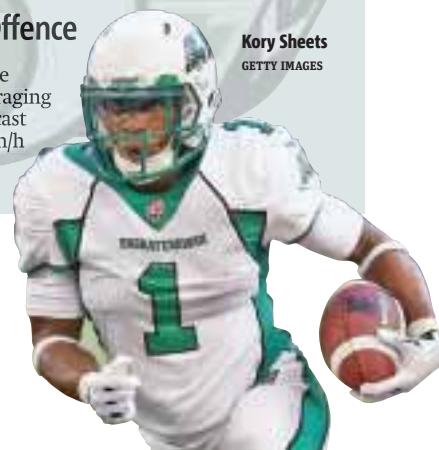
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Saskatchewan Roughriders

Running back Kory Sheets is the biggest concern for the Tiger-Cats. The Riders were second in CFL rushing, averaging 128.8 yards per game, and with Sunday's weather forecast calling for a low temperature of minus-12 C with 15 km/h winds, the ability to run the football will become very important.

Offence

Kory Sheets
GETTY IMAGES



Defence

On the other side of the ball, the Riders boast a rugged, tenacious defence that was the CFL's toughest to score against. Saskatchewan allowed a league-low 22.1 points per game and last weekend against Calgary forced seven turnovers.



Geroy Simon
THE CANADIAN
PRESS

X-Factor

The Riders have the advantage in experience and were built to be here. GM Brendan Taman bolstered his leadership acquiring R Geroy Simon from B.C. and landing DB Dwight Anderson and DL Ricky Foley and John Chick in free agency. All four are Grey Cup champions. It's also QB Darian Durant's third career Grey Cup. The first two were losses, but Durant has been solid so far in the playoffs. Pick: Roughriders

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The Jets' Evander Kane and Blackhawks' Brandon Saad collide in front of Mark Scheifele and Michal Rozsival on Thursday at MTS Centre.

JOHN WOODS/THE CANADIAN PRESS

NHL. Amnesia ails Maple Leafs in loss to Predators

Randy Carlyle didn't think his Toronto Maple Leafs could take much from their October win over the Predators in Nashville.

It was so long ago it might as well have been ancient history. That was evident Thursday night when so much that went right for the Leafs last time around failed them in a 4-2 loss to the Predators at Air Canada Centre.

After jumping out to a lead, the Leafs abandoned much of what made them 8-2-0 at home going in. Defence in their own zone was spotty, and that, coupled with penalties, proved to be their undoing.

Craig Smith scored twice for the Predators, while rookie defenceman Seth Jones and Matt Cullen each had a goal. That overshadowed Peter Holland's first goal with the Leafs since being acquired from the Anaheim Ducks.

Toronto goaltender Jonathan Bernier, who shut out the Predators last month and has dominated them during his NHL career, made 24 saves on 28 shots but didn't allow a soft goal until the third period when the game had all but slipped away. Nashville rookie Marek Mazanec made 24 saves for the victory.

Carlyle said Thursday mor-



The Predators' Kevin Klein and Peter Holland of the Leafs collide on Thursday. TORSTAR NEWS SERVICE

ning that so much hockey had been played since the Leafs and Predators met Oct. 10. In the present, his focus was to "cure some of the ailments that have been present."

That didn't go so well. Again the Leafs were outshot — 28-26 after starting the game up 11-5 — and they couldn't put together much sustained attack time or opportunistic offence after Holland scored 5:48 in with a perfect shot over Mazanec's left shoulder.

Nazem Kadri scored the other Leafs goal with under five minutes to play in the third period to make it 4-2.

THE CANADIAN PRESS

Champs turn Jets' best aside

NHL. Blackhawks let Winnipeg back in game but still pull out win

Marian Hossa celebrated his return to the lineup with the winner in the third period Thursday night as his Chicago Blackhawks stumbled but didn't fall and downed the Winnipeg Jets 6-3.

Patrick Kane, Brandon Saad, Jonathan Toews and Ben Smith also scored for Chicago (15-4-4), who have won all three of their games against the Jets this season.

Patrick Sharp had an empty

netter to end the game.

Andrew Ladd, Keaton Ellerby and Dustin Byfuglien scored for the Jets (10-11-3).

The first period was all Blackhawks, who seldom let the Jets have the puck.

Jets fans picked Chicago's Kane as a target for their boos but he responded with a power-play goal late in the period, thanks to a tripping penalty awarded to Winnipeg's Evander Kane.

After stop -

On Thursday
6
Blackhawks

On Thursday
3
Jets

ping a lot of pucks, Ondrej Pavelec didn't get much of a look at the shot through heavy traffic in front of the Winnipeg net. The Jets were outshot 12-2 in the period.

Saad's one-timer from the slot made it 2-0 just over three minutes into the second.

But then the game took a

sharp left turn for the Hawks, as the Jets scored two goals in 29 seconds to tie it up.

Bryan Little fed Ladd, whose wrist shot beat Corey Crawford's glove hand at 3:22, and Ellerby used Winnipeg's first power play of the game to score his first as a Jet from the point at 3:51.

Toews put the Blackhawks back in the lead with a 4-on-4 goal just past the 11-minute mark, beating out defenceman Toby Enstrom and slipping the puck past Pavelec from the side of the crease.

But the Hawks then served up a 5-on-3 opportunity that Byfuglien cashed in at 13:30, with Winnipeg's third shot on Crawford within seconds, to even it up again.

There was a heavy police presence at the game but it wasn't because of the rivalry between the two Central Division teams. Prime Minister Stephen Harper was in attendance.

THE CANADIAN PRESS

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Subway Super Series

Goalie Nalimov leads Russians past OHL

Ivan Nalimov made 41 saves as Russia earned its first win of the Subway Super Series with a 5-2 victory against the Ontario Hockey League on Thursday in Oshawa, Ont.

Nalimov was especially good in the second period when he let in both goals but held on despite the OHL out-

shooting the Russians 20-6.

The win comes after Russia lost twice to the Quebec Major Junior Hockey League earlier this week.

Sergei Tolchinsky, Alexei Bereglazov, Ildar Shiksatarov, Vladimir Butuzov and Vladimir Tkachyov scored for Russia.

Kerby Rychel and Brock McGinn replied for the OHL, while Matt Murray allowed four goals on 21 shots.

Tolchinsky and Bereglazov

gave Russia a 2-0 lead with goals on just seven shots in the first period.

Rychel scored at 8:09 of the second and McGinn tied the game just over a minute later.

But Shiksatarov put Russia ahead once again short-handed before the period was over.

That set up third-period insurance goals by Butuzov and Tkachyov.

THE CANADIAN PRESS

CFL. Cornish doubles up league's top honours

Jon Cornish has joined an exclusive club.

The Calgary Stampeders running back was the big winner at the CFL awards banquet Thursday night, being named the league's outstanding player and top Canadian. It's the second straight year Cornish was honoured as the league's top Canuck but he's the first Canadian since 1978 to capture the outstanding player honour.

The last Canadian winner of the award was Ottawa tight end Tony Gabriel. Cornish joins Gabriel and legendary Rough Riders quarterback Russ Jackson, a 77-year-old Hamilton native, as the only Canadians to claim the CFL's top individual honour.



Jon Cornish THE CANADIAN PRESS

Manning takes on Brady-led offence in flux

NFL. Matchup of era's marquee QBs slated for Sunday night

Tom Brady and Peyton Manning have six MVP awards between them in the regular season. They have three more in the Super Bowl.

On Sunday night, two of the NFL's greatest quarterbacks will meet for the 14th time. But there's a new twist.

One of them is mired in the middle of the league's passer ratings instead of being near the top.

Brady and his rebuilt receiving corps have suffered through growing pains while Manning's deep group of pass catchers



Patriots quarterback Tom Brady calls a play against the Panthers on Monday. STREETER LECKA/GETTY IMAGES

So Brady must find a way to outscore a team averaging 39.8 points per game. "Our offence right now is very different than it's ever been," he said. "Everything that we do has a different feel to it. We've had so many new players."

Manning threw seven touchdown passes in the season opener and is the league's second highest rated passer. Brady didn't reach that total until his fourth game and was tied for 18th in the rankings after Monday night's 24-20 loss to the Carolina Panthers.

Twelve years after their first matchup, Brady is 9-4 against Manning with 23 touchdown passes and 12 interceptions. Manning has thrown for 27 TDs and 19 interceptions in those games. THE ASSOCIATED PRESS

helped the Denver Broncos (9-1) become the NFL's best offence going into the prime-time game against the New England Patriots (7-3).

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Horoscopes**Aries****March 21 - April 20**

As the Sun moves into your fellow Fire sign of Sagittarius today, your confidence will come flooding back and you will wonder why you doubted yourself. If you like the idea of travelling, now is the time to pack a bag and just go.

Taurus**April 21 - May 21**

Money matters will be on your mind over the next few days and you must do whatever it takes to make sure your cash stays in your pocket. Don't let anyone fool you into believing you can get rich quick.

Gemini**May 22 - June 21**

You like to get your way and most of the time you do but today, let the other guy win. You will need other people's co-operation over the next few weeks to get what you need, so give them what they need too.

Cancer**June 22 - July 23**

Slow down before you burn yourself out. That is the message of the planets today and if you are wise you'll heed it. Not even a go-getting Cancer can keep up this pace forever.

Leo**July 24 - Aug. 23**

You may want to get back at people who have let you down but is it worth the effort? No it is not. Within a matter of hours you will have more important things to take care of. Let it go.

Virgo**Aug. 24 - Sept. 23**

Loved ones will be touchy today, so don't say or do anything that might make them even more angry. If you poke, they'll poke back harder.

Libra**Sept. 24 - Oct. 23**

A more light-hearted phase begins for you today as the Sun changes signs. Money, work and family worries won't disappear immediately but you won't have sleepless nights.

Scorpio**Oct. 24 - Nov. 22**

The Sun leaves your birth sign today but you haven't missed your chance to make your mark. On the contrary, over the next few weeks you will get the chance to build on foundations that have been laid.

Sagittarius**Nov. 23 - Dec. 21**

As the Sun moves into your birth sign today, you have every right to follow your heart. Life is too short to worry what other people think. Just do what comes naturally and enjoy every moment.

Capricorn**Dec. 22 - Jan. 20**

There is so much that needs changing in your life but where do you start? The most obvious place is inside your head. Make clear what it is you most desire and how you can get it.

Aquarius**Jan. 21 - Feb. 19**

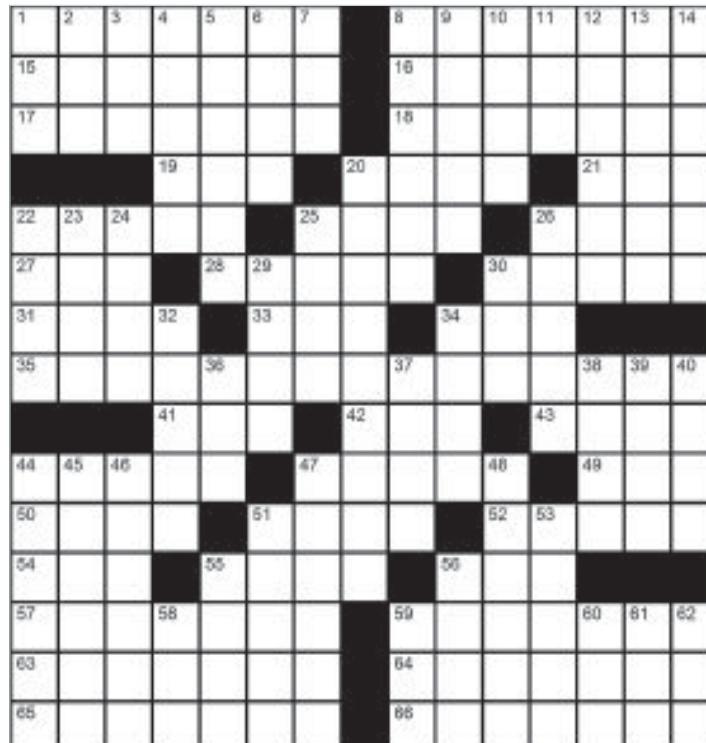
You may be desperate to make a good impression on colleagues but you are more likely to do so if you take on just one task at a time. Focus on what really matters.

Pisces**Feb. 20 - March 20**

The Sun crosses the career angle of your chart today. Among other things, that means you will get the chance to show what you can do. Know what you are aiming for. **SALLY BROMPTON**

Crossword: Canada Across and Down**Across**

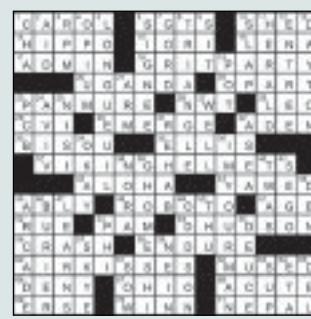
- President remembered today
- Sorting systems in medical emergencies
- Gathered, as information
- Most strange
- 1995 Natasha Henbridge Sci-Fi movie
- Church assistant
- Tiny tallness
- Go across
- Body of water
- Doom's pal
- Above
- Unwanted plant
- Tractor trailer
- Valuable virtue
- Like an in-the-garden squirm
- Listeners
- Bug
- Comic character's cry!
- REGINA: Big sports crowd this weekend, The 101st: 3 wds.
- Towels holder
- Go downhill
- City sign's light
- Self-righteous
- Devoutness
- Avant-garde artist
- Yoko
- Riviere-du_- Quebec
- George of "CSI: Crime Scene Investigation"
- Painting studio sight
- TV commercials
- Scarce
- Lass
- Sodium __
- Pensive
- Dough prepper
- Gush about
- Religious lectures
- Type of weapon

**Down**

- Li'l metric weights
- "Lucky Man" gr.
- Society pages word
- Tortilla treat
- Conundrum
- Bug repellent ingredient
- Fabric store meas-
- urements, for short
- Crochet a cozy for one
- Sports play summary
- Laundry room appliance
- Garlic: French
- Yellowstone at-

traction

- Self-__
- Calm
- Move out of the way: 2 wds.
- Marcia's TV brother
- Untruther
- Monster

Yesterday's Crossword**Sudoku****How to play**

Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved.

Yesterday's Sudoku

3	6	9	4	5	2	1	8	7
8	2	4	7	9	1	3	6	5
7	1	5	3	8	6	9	2	4
6	5	1	2	3	9	7	4	8
2	9	7	8	1	4	6	5	3
4	3	8	5	6	7	2	9	1
1	8	2	9	4	3	5	7	6
6	7	3	6	2	8	4	1	9
9	4	6	1	7	5	8	3	2

4	1			9	7
2	7	1		8	3
		3	9		
9	4	2	3		
2	7	3	5		
		6	8		
1	6	9		4	8
8	5		2	6	

Weather**TODAY****SATURDAY****SUNDAY**MAX: -13°
MIN: -20°MAX: -18°
MIN: -20°MAX: -5°
MIN: -5°
JENNA KHAN
WEATHER SPECIALIST

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Sales Manager

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